

INVISIBLE STRANGER :

A Journal of Hearing Voices and Astral Intrusion

- by B. Edwards



July 12, 2021

It's been a little while since I've done any journal writing, well at least a couple of months since I wrapped up my last journal. I knew I was just going to be too overwhelmed with work at the start of the summer to really put the focus into it that I would want to. Well, here I am... I'm back, just bringing things up to date. Where to begin?

This spirit/entity attachment situation is still ongoing. This is the main topic of my journals, so I'll bring things up to date with that. But first let me just paint a scene for you. It's approaching the middle of July and so far it's been a hot summer around here. I think it's supposed to be in the 90s all week. Work has been extremely busy for the past couple of months. I knew it would be. It's always busy for me this time of year, this is essentially my busy season. Yet, I knew that this year would be especially busy. This is a direct result of the pandemic situation.

While the pandemic caused a lot of problems and strains in some industries, in the industry that I work in, it caused a boom and things became busier at my job. It's been rough. I mean I know it's good to be busy with work, to have a steady job and a steady paycheck and all. Yet (and just some personal griping here) with what else is happening in my life with this attachment situation, sometimes I don't feel like it's actually a good thing for me to be too busy and stressed. Sometimes things are busier than I want them to be for myself really, just for my own mental health sake.

When I'm this busy, there's a lot of anxiety, a lot of mental strain. In the past, these entity attachments have taken advantage of this and it made things even worse for me. However, sometimes it goes in the other direction. I'd say that more often when I'm extremely busy with work, it lessens the impact that this attachment situation has on my life. Work provides me with something to keep myself occupied. It occupies my mind and it pushes aside the presence of these voices at least some of the time. When I'm very busy at work, I don't pick up on nearly as much of the content of the voices.. So it's essentially a kind of a double-edged sword, there's the good points and bad points.

Getting to the attachment situation itself. Well, as I said, it's still ongoing. I'm still mainly down to hearing just one voice on a regular basis, a day-to-day basis. It's the main voice, the female voice, the voice I've been hearing since 2015. It's the same voice that I first heard on recording back when I was experimenting with EVP that winter. Occasionally, it still seems like other voices will pop in, but they don't stick around and in fact incidents of hearing other voices aside from this female one, are becoming even less frequent anymore.

Just comparing how I hear the voices now to how I was hearing them this time back in 2015, back then I was hearing multiple voices and at times it seemed extremely overwhelming. I'm not exactly sure when this started to change, it probably first began in 2017, maybe 2018. But just gradually over time, the number of separate voices seemed to dwindle down. The most I heard

was during the month of April 2015, especially the first half of that month.... during what I call “the two weeks of Hell.” This is when I was hearing multiple voices, dozens and dozens probably. However, even then this particular female voice stood out as one of the most present. For quite some time now, it's mainly just been this female voice that I'll hear. And as I've discussed in my other journals, there's also other aspects to my situation aside from hearing voices. There's also the physical aspect. This is when I feel direct physical/bodily sensations. The sensations still usually occur at night when I'm in bed waiting to fall asleep. This is still ongoing.

However, I would say that things have actually stabilized a bit with my situation. This voice is still there, I'm still hearing it every day. But it just hasn't been causing me too much of a disturbance, or causing me too much distress recently. I think that this is partly because I've just been so distracted with work, but also partly because as time goes on.... I've just become more desensitized to the presence of this entity. I would even go so far as to say that during the past couple months, since I was writing my last journal, something of a fragile peace has taken hold.....well almost. Let me try to explain this, because in a way, peace may not be the right word here, but in a way....it may be something like that.

This voice has been less hostile recently, but that doesn't mean it is entirely non-hostile. This voice will still throw out some critical statements at me and often the voice will still speak in riddles and play mind games... which in my opinion is still a kind of hostility towards me. This voice will still say cryptic and mysterious things and it's very clear to me that more often than not, the intent is to simply mess with my head. For example, a couple of days ago I awoke in the morning and as I'm lying there in bed, literally just having opened my eyes, I heard this voice saying something like “extraterrestrials are attacking your planet”, or “attacking your species psychologically”. I mean this statement was just thrown at me literally as soon as I opened my eyes. The voice could have said “good morning” or “what a lovely day” or something like that, but no... I get hit with this.

And then last night the voice was talking in a very religious manner, which it still does from time to time. It was basically talking about my sins and how I've lost “my special relationship with God.” I actually found what I was hearing last night to be a bit unsettling. Yes, I'm more desensitized to it now, but sometimes it still aggravates me to hear this kind of stuff or troubles me in some way. I suppose there's just that factor that I'll start thinking ...”well what if?” “What if this voice...this spirit...this being from beyond this world is telling me the truth here?” The frustrating thing is that the stories still keep changing. There's been little to no progress in this area. For example, the other morning I was hearing about extraterrestrials invading our world, and last night I'm hearing about my relationship with God. I'm not saying there can't be a connection here anywhere, it's just that this seems to still go back-and-forth so much. This has been going on for quite some time. Basically it was a shift that occurred quite a while back.

Back in the earlier days of the situation, back in 2015...in 2016, even 2017 I would say, I observed that the voices spent more time focusing on just being outright bullies. They would hit me with insults and criticisms much of the time. Yes they would still concoct these elaborate

story lines, but it was a little more of a mix back then between that and just being more malicious. Well, I suppose you could say it's still a bit of a mix recently. But the mind games and story lines seem to have become the primary thing that this voice will use to try to get a reaction out of me. Over time, I've learned to take what I hear from this female voice (and any other intruding voice that I might happen to hear) with a grain of salt. I don't regard it as truth at face value. I'm not saying that I did so in the past, these voices were always changing their stories, but the "what if?" factor....the unknown factor would mess with my head quite a lot back in the beginning. Now I don't let it get to me as much. And as I've written about previously, this was a very significant development in my own personal situation and dealings with these voices. It was at least one aspect of the situation where I could take a lot of their power away from them.

Yes, there are different aspects of this situation for me. There's the voices aspect, there's the physical aspect, there's the dream intrusions aspect, there's also the visual aspect. But I believe that one thing that these entities focus on quite a lot is the psychological aspect. They really want to see how much they can mess with a person's head. In the beginning they seemed overwhelmingly dominating, like they were trying to establish domination over me....some level of control and the ability for manipulation to occur. I observed that they tried to do this by playing a lot of mind games. This could entail concocting elaborate story lines to try and scare you or cause you anxiety or distress in some way. I certainly know about it because I confess I was greatly impacted by the things that I was hearing these voices say to me back in the beginning. Even from the start, I had some serious suspicions that these entities seemed unable to stick to one story and that they were most likely deceiving me to a large degree. However, I was still feeling a lot of anxiety because of that "what if?" factor. Yet, I was able to do something about this. I essentially trained myself to disregard whatever I heard the voices saying to me, or at least not let it get to me anymore. It didn't happen overnight.....it was a process , but it became easier to do overtime.

These days, the situation is completely different from how it was back in the beginning. Well it's true that sometimes I may still feel a bit apprehensive about something that I hear from this voice, such as last night with all of the religious talk, it's not something that stays with me or is stuck in my head for days and I'm left thinking about it for a long time. That's how it was earlier on, but not now. Even if I feel a bit apprehensive about something that I hear from this voice, this apprehension doesn't last for very long at all these days. I learned to disregard or discount it... or just not let it get to me so much anymore. And in truth, I think I've seen less effort being put into this tactic of using mind games. Yes, this voice still certainly does use mind games to try to get a reaction out of me, but it's not on the same level as it was in the past. These days I just hear a lot of what I suppose you could call commentary or opinion. This voice will just make comments about some aspect of my life, or something going on in my life at a particular time and just voice an opinion. It's not necessarily hostile, it's just more like casual talk. At times it can still certainly be intrusive, but I would say that things have lightened up a bit.

Just getting back to what's been going on these past couple of monthsyes, I'm still hearing this voice, and the mind games still continue, though to a lesser degree. The physical aspect is still very much there as well. It is still the case where I'm feeling these sensations, this feeling of

a presence on my body practically every night when I'm in bed trying to fall asleep. As I have discussed previously in my other journals, in a way... the physical sensations can mirror the voices in that sometimes they seem very hostile, the sensations seem very much intended to cause me a disturbance, to prevent me from falling asleep for example. Sometimes they seem very much like an outright attack. However, other times it's the case where I'm simply feeling a presence. Often this presence is just there, clinging to my body, moving around a little bit, but not really doing much of anything. I've mentioned many times that this clinging sensation has often given me the impression that there's some kind of leeching of energy taking place here. It's literally feeling a presence just there ...attached to my body. I know it's doing something, but what? So that much hasn't changed in the past couple of months.

On a more positive note, I've gotten away from taking sleep-aid practically every night. In fact, I've hardly taken it at all these past couple of months. This is actually a very significant change in my situation. I've been relying on a sleep-aid to help me get to sleep at night going back to the very early days, going back to the spring of 2015. This is no exaggeration, it's literally been that long. It was the case where I was taking a sleep-aid practically every night with only very brief intervals of going without here and there, probably only a few times a year. This was not something that I was glad about, but having gone through the whole ordeal of having my sleep routine really messed up and derailed by these entities in the beginning, I just always felt like it's something that I still needed, that I couldn't take a chance with having my sleep disturbed to such a large degree. I observed early on that these entities deliberately targeted my sleep routine to an extreme degree. I also observed that when they succeeded in doing this, when I would go a span of days on end where I didn't get a lot of sleep, these voices would become stronger, and seem far more menacing.

Then of course there was that incident that I experienced back in the beginning of February, 2019.... where I went a few days in a row with hardly getting any sleep and one day that week the voices became as strong as they were during the worst days, during the hellish and nightmarish days of early April 2015. Luckily in that instance, this escalation only lasted a single day. All it took was a good night of sleep and things subsided. It was the sleep-aid that helped me out that night.

I confess that I was also quite apprehensive about them targeting my dreams or messing with my dreams in a very deliberate way once again. This doesn't happen that often, it's as if I'll get hit with a wave of dream intrusions for a span of time and then it all fizzles out. The last major wave of this phenomenon occurred last year, back in 2020. I'd have to check my previous journals to see when exactly, but I remember that I went a span of a few weeks or even a couple of months where on a regular basis I was having these strange and often disturbing dreams and there was just a lot about them that seemed very different from a regular.... normal dream. In fact it's been the case that I've observed that these entity attachments have had the ability to mess with my dreams going back to the early days in 2015, it's just that it's not always something that they do on a frequent basis. But again, it is something that they can do and that they seem to do at times.

During the few instances where I did try to go without sleep-aid for a few days in a row, I observed that it seemed to me like the strange dreams would come back. Or at least it seemed like I was more open and vulnerable to having these strange dreams and experiencing these dream intrusions if I wasn't taking the sleep-aid. I've talked a lot about what I call "the in-between zone" in my other journals. This is that state of consciousness where you're not fully awake, but you're not fully asleep yet either. For me it seems like just that....this kind of hazy in-between zone.....between the two states of consciousness. It's been my observation over the years since this all began that when I'm in that in-between zone, it seems like I'm more open, more vulnerable to the intrusions of these entities. It seems like they have a lot more strength, that their abilities grow when I'm in that state. I also observe that when I didn't take the sleep-aid, it seemed like I was more likely to linger in that in-between zone for a while and this is where I had many of these strange incidents. In fact there were a number of occasions where it seemed like I was having a dream (again usually an unpleasant dream) and I knew that I hadn't even fallen asleep yet. It's hard to describe, but it was literally like I was pulled into a dream before I fell asleep. I mean surehaving a dream where you're not sure it's a dream or not is probably not that uncommon, but this goes beyond that. I mean it literally seems like you start dreaming and you just know, you know you have not fallen asleep yet. There's just something strange and very different about it in comparison to what I would consider a regular dream. These are all things that I have talked about in much more depth and detail in previous journals. The good news is I haven't experienced any of these dream intrusions recently. I was a bit concerned that when I stopped taking the sleep- aid, they would start back up, but this has yet to happen. In fact it seems like I'm not lingering in that in-between zone all that much at night these days. Now here I think this can be attributed to me simply being tired from being so busy at work. I mean I do feel exhausted on most work days to some degree. So, when I crawl into bed at night, I'm usually ready to fall into a deep sleep. Now, it's still the case where I usually don't fall into a deep sleep right away. There's still that time where I'm feeling these physical sensations. But I've been fortunate where it seems like I can fall asleep within a fairly quick amount of time...maybe twenty minutes or something like that. Where before it would seem like I would linger in that in-between zone for quite a while, sometimes it seemed like for hours. That's the strange thing about it, it also felt like I lost all sense of time. I couldn't tell if minutes were going by or hours.

I suppose the big question is... will this last once things at work start to quiet down for me... or will that be when the dream intrusions reappear? Will I feel compelled to start taking the sleep-aid again on a regular basis once things settle down at the job? I don't know, I simply don't know. I suppose I just have to wait and see how it goes. But for now, getting away from the sleep-aid has been no problem at all, it's been much easier than I expected.... so I'm just going to keep going with it.

July 15, 2021

It's Thursday, July 15. I don't really have too much to say, but I just feel like rambling. I'll probably just gripe about my work here for a bit. It's been another hectic week at work. It's still the busy time I guess you could say. On a regular year, things would start to be easing up at least a little bit about now. But it seems like this year it just keeps getting more and more hectic. There's just a lot coming at me as far as my job goes. There's just phone calls and emails and problems and situations and some days I feel like I can't actually get anything done because I can't spend enough time just focusing on each of these situations. In a way, it's busy, but as far as actual productivity goes, it feels like I'm not getting a lot done because I can't focus on one thing at a time.... it's just nonstopnonstop.....nonstop stuff coming at me. And I'm tired, I just feel mentally and physically tired.

As I was saying in my last journal entry here, I've managed to go quite a while now without taking any sleep-aid, but I still feel like my sleep routine is a bit fouled up. I think my internal clock is a little out of whack as far as sleep goes. I keep waking up at around five-thirty or six in the morning. On some mornings I do intentionally try and get up that early because I have to go take care of some work related issue, but it's just morning after morning now where I'll just wake up this early. The problem is, I don't get into bed to fall asleep until around eleven or midnight on average. If I went to bed earlier I might feel a little more rested, but part of me just doesn't want to, I want to stay up and read or watch a movie or do something that I'm interested in. I don't want my day-to-day routine right now to be go to work..... come homego to bed pretty much right away.... wake up early.... go to work.... come home.... go to bed early. I was doing that for a while in the past. I would go home from work this time of year and fall asleep.... sometimes around seven or eight o'clock at night. Sure, when I woke up I felt very rested, the only problem was that sometimes I would wake up in the middle the night. I would often wake up at two or three in the morning and this in itself threw off my internal clock. So, it seems like I can't win either way.

What's been happening for the past couple of months is that I go through the work week not getting exactly a great night of sleep and then on Sunday (my day off), I'll usually wake up a little later, maybe around nine o'clock in the morning or such. But then by around noon I'm feeling very tired again and I'll get back into bed just wanting to rest my eyes for a little bit, not wanting to fall into a deep sleep, but I'll end up falling asleep for a couple of hours. So at least a portion of my one day a week off is spent being asleep in the middle of the day. Anyway, I don't mean to gripe too much here, I'm just saying that even though I'm very glad that I managed to get away from taking the sleep-aid every night, it feels like my sleep situation hasn't really improved because of it. And I was saying in the journal entry I made the other dayI think that the only reason why I have been able to get away from the sleep-aid is probably because I've been so tired from work like this. It's not so much a physical fatigue, but more a mental fatigue. I am mentally exhausted you could say. Yet, I'm still glad that I managed to get away from the sleep-aid as quickly and as seemingly easy as I did. I thought this would be much more difficult, and I think it probably would have been more difficult if this was in the winter when things are slower for me at work.

In fact, back in the early spring I believe it was, I did try to go without the sleep-aid, but I only made it a few days before I started having escalated incidents with this entity attachment. I don't remember exactly what it was, I'd have to go back and see what I wrote in my journal at that time, but it could have been that the strange dreams started back up, or it could have been the physical sensations started to get worse and seem more deliberately disruptive. By this I'm referring to what I was talking about the other day in how the physical sensations, the physical presence of this entity, this being... is still there practically every night, it's just that sometimes I just feel the presence and that's pretty much it. Yet other times these bodily sensations seem very much intended to cause me a disturbance, to give me trouble when I'm trying to fall asleep.

Sometimes the physical sensations are so much more intense that I consider it an outright physical attack. I haven't experienced too many of these physical attacks recently. I'd say it's been a few weeks since I experienced one of these more escalated incidents. I know that one of the last ones occurred during the daytime on a Sunday, my day off from work. This wasn't too long ago, but at least a few weeks back. It was on a Sunday where.... as I just described.... I was feeling tired and got into bed in the middle of the day. I fell asleep for a few hours...a deep sleep. For some reason the physical sensations started up suddenly and were over the top in intensity. If my memory serves me correctly, it wasn't really so much feeling things like jabs or anything like that... as it sometimes is. It was more the weight of the presence, how pronounced it was.

I have sometimes described experiencing this physical presence as comparable to maybe something like the weight of a cat. If you were lying in bed and you felt a cat jump up on your chest.....it's somewhat similar. It's not terribly heavy, but it's heavy enough where you certainly feel it, you know there's something there on your chest, there's no mistaking it. Well, this incident a few weeks ago on that Sunday afternoon was something more along the lines of a big cat jumping up onto your chest. And this isn't exactly a perfect analogy because the characteristics of the presence don't really match that of a cat. I'm not trying to say that it does here, I'm just trying to find something that I'd say is comparable as far as the weight of the presence goes, feeling the weight of the presence.

Luckily, I haven't had any escalated incidents recently as far as the physical aspect of this whole situation goes. However, the physical presence...the sensations..... are still there every night for the most part. Maybe every once in a while it'll be so minimal that it's hardly anything at all, but most nights it's unmistakably there. Recently it has mostly been the feeling of perceiving a presence latched onto me, clinging to me. It doesn't really disrupt me from falling asleep as much, at least not these days, and that might be partly because I've been exhausted from work.

There is a psychological side to this physical aspect of it though, and I've talked about this quite a bit in my journals. The physical aspect....feeling these sensations, feeling this presence literally on my body, does quite often hit me with the reality of this situation. Sometimes it's like being slapped in the face with the reality of it all, and it can be a rather unsettling feeling for me still at times. I'm still hearing this female sounding voice every day, but it goes beyond that...it

very much goes beyond that. This voice that I hear is accompanied by a very pronounced physical presence.

I share my story openly, that's no secret, and over the years I've had many people comment that it's all just a delusion, it's all just in my mind. I've shared my story on quite a few paranormal themed discussion forums on the internet. I don't do so much these days, but I have in the past. It often surprised me how many people frequent these paranormal forums who are very skeptical of the paranormal or simply don't believe in it outright. I'm not saying anything about that, I mean that's their personal beliefs and they're certainly entitled to them, I was just always a little surprised how many people that hold these views frequent the paranormal forums. I mean there I was talking about an experience that I believe is paranormal in nature and a good percentage of the replies were from outright skeptics. It used to annoy me a little bit in the beginning, but I became desensitized to it. I found that a lot of times the skeptics would focus on the voices aspect, or the EVP aspect. Since my situation involves EVP recording with how it all began in 2015, some of these skeptics would focus on that. I would get many comments about how I was just hearing patterns in the noise on my recordings....it was just my mind playing tricks on me. They said the same pretty much about hearing the voices outside of the recordings. Maybe not all of the time, but there were many of these comments. I get it, I understand, I know my story sounds pretty out there. As I've always said, if I came across my own story on the internet and it was ten or fifteen years ago, I don't know what the hell I would have thought of it. But what I could never adequately convey to these people was that it went beyond all of that. Hearing the voices, and hearing this one remaining voice these days, was and continues to be the primary aspect of my situation.

Out of all of the other activities that occur, hearing the voices (or now this voice.... in the singular) is what occurs the most. Yet practically every day still, if I'm lying down in bed.... either day or night, the voice is accompanied by a very pronounced physical presence. One of the more frequent sensations that I would experience was this strange vibration sensation that I would feel on my body. I've described this particular sensation numerous times in my previous journals. Basically, it wasn't a feeling that I was vibrating, it was a feeling that there was either something on me, or even occupying the same space as me, and I would feel it vibrating. More often than that, this vibration sensation did not engulf my whole body, or even most of my body. Most of the time, it seemed to be something that was maybe around the size of a soccer ball, and it would often move around on my body. When I got into bed at night I would often feel it down on one of my legs and it would start moving across my chest and then reach my shoulders.

I remember a few years back when I was discussing my situation on the internet, somebody threw out the idea that maybe I was experiencing a small earthquake. I don't know what to say to this other than whatever this was that I was experiencing, it didn't seem anything like an earthquake to me. For one thing, as I said it didn't even feel like I was vibrating. It wasn't as if I or the environment around me was vibrating, it was something much smaller, much more localized and I could feel it moving around on my body and it was vibrating. I know that I'm rambling a bit here, but basically part of me has always wished that the skeptics could

experience at least one night of this. Now, I would never wish this condition, this situation on anyone...never,.....but if they could just experience one night of it, one night of hearing the voice.....the voices that also have a physical presence, well then maybe they won't be so quick to throw out comments like it was an earthquake. Again, I'm not troubled by these comments, basically I'm just trying to stress that there is really something going on here, this is very real and I know that I'm not the only one experiencing such things. I've often wondered if there was some sort of way to monitor for these sensations, these movements that I experience. I wonder if there was some kind of instrument that I could attach to myself that would detect these physical sensations. I'm sure there is something like that, but I don't have access to this kind of equipment, at least not at the moment I do not. However, I'd be very curious to see what the outcome would be.

Just adding to this, sometimes I perceive the physical presence and it's not even on me directly. I'll feel it moving on the bed around me. This hasn't happened very much recently, but I've experienced it many times before. I'll feel a small presence on the bed with me, moving around. I'll feel it shifting the blanket a little bit, I'll feel it's slight weight on the bed, sometimes I'll even hear the mattress springs moving. It's never anything extreme, but it's there, it's certainly noticeable to me. In these instances, it's not feeling a physical sensation on my body, it's perceiving a physical presence on another object very close to me. I would be interested in conducting some experiments with this, but again...I just don't think it's something that I could pursue at the moment, I don't have a lot of extra money to spend these days unfortunately. However, maybe down the road I will. I'm not opposed to conducting experiments to see if I can actually document the presence of this entity attachment in a more scientific way.

There have even been times when I thought about doing EVP recording again, however such thoughts usually do not last very long. I should mention that very occasionally I will still capture an EVP or two unintentionally. It doesn't happen very often, but every once in a while I'll be making a video with my phone...it's usually something related to my work, and I'll watch the video and almost right away I'll hear a mysterious voice on the video. More often than not it's the same female voice, I recognize it almost instantly. Actually, there was a minor incident of this just a couple weeks ago on the Fourth of July. I was outside on my back deck at twilight..... the Sun was going down and there were people lighting off fireworks close by. I had my phone on me, so I decided to just shoot a quick video of the Sun setting and all these fireworks going off in the nearby area. When I went back and watched this video, I believe that I heard a faint voice say "Wow". One might just say that it probably was the voice of somebody in the background, such as the people who were setting off the fireworks, yet I do not believe that it was. To me the voice sounded much closer than that and it just had that EVP quality to it. It wasn't loud at all, but I suppose that I still have my hearing attuned to hear faint voices such as this. The bottom line iseven though I don't intentionally record EVP anymore, I still catch them from time to time unintentionally.

I've sometimes wondered what it would be like if I did start recording again. These are just thoughts that go through my mind, I don't make too much out of it. I wondered if I would just primarily hear this female voice, the one attached to my life, or would I hear many new voices?

There's a few reasons why I never take these thoughts very far. A big reason is that I don't know if recording again would cause this lingering clairsaudience perception to open up even further again. Would recording again bring me back to hearing multiple voices, and at a much stronger level, like it was back in the spring of 2015. As I've said many times in my journals, I think it was my own actions that basically brought about this hijacked clairsaudience, and I just don't mean choosing to do EVP recording in and of itself. Here I mean the way in which I went about it.... how I got carried away with it basically, practically became obsessed with it, and I was doing recording sessions almost every night for those couple of months back in 2015 . I would just listen very intensely to these recordings over and over.... trying to pick up every voice.... every reply that I could from them. Going off the deep end like this I've always felt, was what sent me hurtling into the danger zone. I did something to my hearing back then, I unknowingly opened up some mysterious perception that I didn't know a whole lot about and that I certainly didn't know how to control to any real degree. On the one hand, I don't think that I would fall into the same trap twice if things seemed to be getting very suspicious. By this I mean how I was just buying into everything that I was hearing from these voices on the recordings back in 2015 without even reflecting on it too much. The whole experience at first seemed so benevolent that I didn't have any suspicions, I didn't want to have any suspicions. So, I don't think I would be so affected again by the content of what I heard, I'm just not sure if it would cause me to hear these voices again at a much stronger level. This hijacked clairsaudience perception remains a part of my life to this day. Yes, I have learned to control it to more of a degree, by no means completely, but at least to a degree, but maybe recording again would really set me back with all of that. Well, I just don't think that I want to chance it.....at least not at the present time. However, if there was a way to pick up on these physical sensations with some kind of equipment, I think that I would be much more open to experimenting with that. Who knows.....maybe down the road.

July 17, 2021

Another weekend is here. Tomorrow is my day off from work, though unfortunately once again I have to go to work or I should say... go out and do something related to my work. It's unfortunate, but this is the only time sometimes that I can get out of the office to take care of various loose ends. Typically...most years, when it's time for the busy season at my work, I get a little surge of energy when I can often take care of some of these things early in the morning before my regular work hours or I can take care of them after work hours. Sometimes I would wake up early, really early and go take care of something, or sometimes I would go out after work and stay out for quite a while. In previous years, this surge of energy and motivation would last a little while, not the whole season, but at least a little while. This season, I did experience a bit of a surge of energy, but in comparison to previous years, it wasn't much at all and I can already feel it diminishing drastically.

This particular thing that I have to do tomorrow related to work, it's something that I probably could have done after work one night this week, or the week before, however I just couldn't muster the energy to do it. Things are still pretty hectic for me and by five o'clock, I'm just mentally drained. So I tell myself, well maybe tomorrow, and that turns into ...well maybe tomorrow and so on until the weekend rolls around and the only time I have to do it is my day off from work. Unfortunately, sometimes I drag it out to where it becomes an issue for me because the customer or one of my managers or something like that will start asking me about this situation, like what's going on with this or that and basically I don't have much of an answer because I've been procrastinating. And this just becomes a cycle for a while. In truth, I'll be glad when the summer is over. I've said it before in some of my previous journals, I feel like I've aged quite a bit since 2015. I'm just tired and I appreciate things more now at a slower pace.

While it's true that today this ongoing attachment situation isn't quite as much of a distressing situation for me as it was before, I still feel that it wears me down. In fact, I was just thinking about this earlier this morning. Earlier, there was a point where this female voice was bombarding me with chatter. This is nothing out of the ordinary unfortunately, but I guess it was just getting to me a little more this morning. And as far as I can remember, this voice wasn't saying anything overtly hostile or negative towards me. I don't believe it was exactly cheery either, but it wasn't a verbal attack or anything along those lines. It was just this constant flow of chatter. And that's how it is sometimes, there's just this constant flow of telepathic chatter coming at me. So this morning, I just stopped and reflected for a time about the nature of the situation these days.

I know here in my journals I talk a lot about how things have been improving and I usually talk about this in reference to how I am better able to deal with the situation now. However, I also talk about how I've seen some easing up on the part of this last remaining entity attachment..... the one that I hear as a young woman's voice. Let me just interject something right here. In my previous journals I've been mentioning this being by name, this female voice.... because she does go by a name. It is a name that she didn't refer to herself by earlier on in my situation, but a few years into it (probably in 2017 or thereabouts I would say) she started going by a particular name. Yes, I haven't been saying her name in this journal and that is intentional. She often refers to my keeping a journal about all of this as "me talking shit on her." So with this journal, this time I wanted to see if I could direct the focus away from her perhaps, even to some degree. I thought perhaps that I could try and not single her out so much by name. However, I suppose this is very difficult to do because she is the last remaining being/spirit that I still consider attached to my life. She is the last one of the original voices that I began hearing through clairsaudience in 2015. In fact, this particular voice I first began hearing even before I developed clairsaudience. This particular voice I first heard on my EVP recordings when I was doing recording sessions during the winter of 2015.

This voice first appeared on my recordings during the second month of recording, which was February of 2015. Almost right away, this voice grabbed my attention. She was very outspoken. There was another female voice that I was hearing quite a lot on my recordings at the time, practically on every recording. I've also gone into detail about this in previous journals,

but basically just as a comparison... this other female voice was very soft-spoken, but this female voice (the one that I still hear today) she was not so soft-spoken. Within just a few recording sessions I began to notice that she was becoming something of a regular presence. When I started hearing some of the voices outside of the recordings, and mainly the voices that tormented the hell out of me for quite a long time, she remained the most outspoken of them all. While it's true that I was hearing multiple voices at that time... on a day-to-day basis, and hers was just one of several, it's accurate to say that she was the main voice throughout all of those nightmarish days. She was vicious, she was without mercy, and she's very clever in a very devious sort of way.

This is another thing that makes it clear to me that she is not some sort of creation of my own mind. In my previous journal entry from the other day, I was discussing some of the comments that I would see from skeptics who didn't believe in the paranormal when I would share my story on the internet a few years back. There I was talking about the physical sensations mainly, but just to add to this, one thing that really hits me and makes it clear to me that this voice is not a creation of my own mind ...is that it has its own personality and it is very different from my own. It's not only a case of that.... it's also that some of the things that I've heard this particular voice sayingsome of the story lines and such, it's very elaborate, and not to down myself here, but I just don't see it as originating for me. Basically I'm saying that this voice...this being... in a lot of ways seems much more clever than I am. There it is ...I'm just throwing it out there like that, this voice is too clever in certain ways to be a part of me. I know who I am and this presence is not from me.....it's an outside presence.....a stranger.

Unfortunately, for most of the time throughout this situation, this cleverness of hers has been used in what I consider a hostile manner, at least hostile towards me. She's a master of psychological mind games and manipulation. Again, I just don't see myself coming up with the stuff that I've heard from her. I know that some might just brush this off as being insignificant, but I'm telling you that it's very significant. That's what makes this whole attachment situation what it is, there's literally another sentient and intelligent being attached to my life.....inside of my range of perception. I've said many times before, I've never felt possessed in any way throughout this whole situation. I've never felt taken over or overtly influenced to any large degree.

I know that this is one of the major stereotypes about people who hear voices. Some people just assume that the voices are telling them to do horrible things. While I have experienced multitudes of negative comments and my share of mind games and attempts at psychological manipulation at the hands of the voice since all of this started, I will say that the voices never told me to do anything evil or anything like that. But, I know it does happen and I know that this is a stereotype about people who hear voices. I know this because I've experienced it myself. A few years back... on one of the paranormal forums where I was sharing my story, one of the skeptics that was responding to me kept bringing this upthat voices could be telling me to go do horrible things. Basically, it seemed to me that he was making it seem like I was some kind of danger to society at large. I suppose that I understand where he was coming from, but he just didn't understand.... because clearly he didn't have experience hearing any voices himself. I

basically told him that even though I have my issues with hearing these voices (this was earlier on when I was still hearing multiple voices) I would never let them tell me what to do....if it went against my own conscience.

Throughout this whole situation, I've never lost a sense of clarity about what is right and what is wrong. This situation has been an intrusion...an intrusion into my perception range... my hearingmy sense of feeling in a physical sense...my thoughts...my dreams.... and even my visual perception to a small degree at times. But again, I've never felt taken over or dominated to the point where I would act on anything that these voices told me. Just because I'm hearing these voices doesn't mean that I am picking up on aspects of who they are. Now, since many skeptics will believe that these voices are an aspect of my own mind, that's probably what they're thinking. But I tell you, this is not so, at least not in cases like this. I know that all I can do is try to describe it in words, and for some... words just won't be enough, but yes... sometimes you just know when you're hearing these voices that this is not you, this is not from you... this is another personality. It's just like meeting another in-the-flesh person out on the streets, you're different individuals. I know this is a very complex and controversial subject,...believe me I know. I'm just saying again, just because one hears voices doesn't mean that they are in any way like these voices or incorporating anything into their own identity that is similar to these voices, these voices can be completely separate personalities. Well, I think perhaps I failed to reach my point here, so I'll just give it a rest for now and perhaps come back to it later.

As I was saying, I haven't been mentioning this female voice by name. Things have been a little more stable recently with our dealings. She hasn't been as overtly hostile or dominating. Things are far from perfect, but I believe that I've seen some easing up a bit and I've talked about this in my previous journals. So, I just wanted to see if I could write my journal in a way that wasn't singling her out too muchgiving her the impression that I'm simply "talking shit on her" as she often says. As I said, since she's the one lingering presence that is still here on a day-to-day basis, it's difficult to do. I've already gotten this far in the journal without saying her name, so I'll see if I can go the rest of the way. I believe that she'll probably consider this journal to still be talking shit on her, but hey.... maybe I'll do better next time.

Getting back to what I was saying about how this morning I was experiencing a barrage from this voice, a barrage of some heavy chatter. I stopped to reflect there for a time this morning.....that even though the content of what I'm hearing might not be as overtly hostile as it once was, I can't help but to have the impression that it's still undermining me, or still very much a deliberate effort to undermine me and especially my mental well-being. If it's not overtly intentional, it's at the very least very indifferent. This female voice will still chatter and chatter and chatter and doesn't seem to give much consideration to my privacy at all. It's not like we have a set time where we can agree that we will communicate with each other or anything like that. The communication is just coming at me all the time. Now this doesn't mean that I'm hearing this communication all the time however. This was more so the case earlier on in my situation, but over time I have improved my ability to block out the voices, or in this case... this one single voice. I have not been able to master this ability completely, but over time it has

improved. And there are certain things that I believe have helped to improve this and I've discussed this in my other journals in some detail.

The main one I would say is being indifferent to what I'm hearing from this voice, not letting it get to me. As I mentioned before, I pretty much take what I hear with a grain of salt as a kind of defense mechanism anymore and I feel that it worked. Back in 2015, I was such a nervous wreck for many reasons concerning all of this, but a big one was that I was experiencing a lot of anxiety from what I was hearing these voices saying. As I said, they were very clever and they seemed to know just how to mess with my head and they succeeded in doing this very much. But over time and with some help (and I stress with some help) I gained the ability to take this advantage....this power away from them to a large extent. And this was primarily by not being affected by the things that I was hearing, not dwelling on it and feeling anxiety about it. In a way, these beings gave themselves away pretty early on as being deceivers in the extreme. They could never stick to one story for very long. They were always switching their stories around....contradicting themselves and it just became so obvious that they were blatantly trying to mess with my head, that they themselves were quite a large factor in me writing off the things they had to say.

If the content of what a particular voice is saying isn't overtly hostile, well I feel that it still can be if it's coming at you to such a degree that it's a constant distraction or disruption. It can indeed be very undermining. So, even though things have improved, and this being has eased up in many ways, there's still this indifference there, this indifference about respecting my personal boundaries. Perhaps I shouldn't be reflecting too much on something that would generally be a common aspect of such an attachment situation, but it gets a little more complicated than that. Things do change with regards to the situation itself and I can't help but observe these changes and sometimes having some hopes, expectations and even feeling some disappointment at times. So yes, it can be very complicated and looked at in a number of different ways. Certain things may appear like they're changing for the better, but behind the appearances, there's a different story there sometimes is what I guess I'm saying.

July 18, 2021

It's my day off from work today, Sunday and to be honest, I didn't really do a whole lot. I went to bed around midnight last night and I woke up at around ten o'clock this morning. That's about four hours later than I would typically wake up during the week when I have to go to work. It felt good to get that extra sleep though, I'll say that. I read for quite awhile this morning. Then in the early afternoon I crawled into bed to rest for a little bit because I was feeling a bit tired. From there, I started to fall into a deep sleep. I believe that I may have slept for about an hour. There

was something I wanted to do work related, which I mentioned yesterday, but when I woke up from that hour of sleep, I just felt drained of energy, dizzy and lightheaded. So, while I could have gone out and taken care of that work-related thing that I wanted to do, I didn't. I just couldn't muster the motivation. Basically, as it is right now, my day off from work is my day of rest. I think things would be different if I had off the entire weekend, both Saturday and Sunday, but alas.... this is not to be ...at least not until winter rolls back around.

Last night after I had just gotten into bed and was lying there waiting for sleep, I heard this female voice say something like

"You are suffering because I despise your species".

At least I believe that's what she said. I'm quite sure that it was something like that. This in-and-of itself is not a statement from her that is out of the ordinary unfortunately. As soon as I heard the statement, I thought to myselfthough it was more directing a question to her.

"My species...aren't we the same species...at least in origin?"

" Just a little bit ago.... this very day... you were talking to me about something from your human life here on Earth in the past."

I believe I heard her reply to this question of whether we are the same species in origin as

"That is not correct."

Mostly I just felt a bit disappointed by hearing this. Here again is another example of this voice flip-flopping on her claims, changing her stories around. As I was saying in my previous entries, yes I have observed that she's eased up on her outward hostility towards me to some degree these past few months, yet she still seems very much committed to playing this identity mind game. I suppose perhaps it's a reaction to my own thoughts.... that's very possible. Whatever else she may be doing, whatever her demeanor is, I find myself still wondering about her identity at times. As I mentioned in previous journals, basically this female voice, the main voice, the one that I'm still hearing on a day-to-day basis.... makes three main claims about her identity. There are variations to these main claims, but I would say that they still fall into these three categories.

One of her claims about her identity is that she is a human spirit and I most often hear her talking about the 1980s and also the late 1970s. Occasionally I'll hear her talking about other points in time, but the late 70s and the early 80s are by far the two most frequent I observe. I'll often hear her talking about high school and something about an English major. It's strange because she just throws these things out there without really putting them together in any narrative way that explains anything to me. It's like she's deliberately just throwing out individual pieces of a puzzle.... wanting me to try and piece it all together. She's been talking about her

memories, her life in the early 80s for quite a long time, for years. I would say that I probably wasn't hearing anything about it in 2015 and 2016, back then she was primarily focused on tormenting me and messing with my head with other kinds of mind games and I'll touch up on that in a bit here. If I had to guess, it was probably around 2017 when I first started hearing her talk about these things and heard her making these claims about herself, her identity and her past in this particular point in time.

I remember one night, and this was probably sometime back then, either 2017 or 2018, when I was in bed trying to fall asleep and I heard her talking about her life back in 1983. I believe that she was saying that she was a high school student back then and she told me this very powerful and elaborate story and I remember that I found myself really wanting to believe her. Now, even by then I was using this mental defense mechanism that I've discussed, where I basically just take everything that I hear from any of these voices with a grain of salt, at least as my initial reaction. So, that night when I was hearing her talk about her memories from her life on Earth, I remember having thoughts of suspicion about it, but I also remember that part of me wanted to believe her because here she was explaining something to me that I could at least wrap my mind around. I say this because from her story, she basically explained a lot to me, she explained a lot about herself. No, she didn't give me all of the answers, but she gave me a few and it seems like it would have been a starting point if I could have believed that she was telling the truth. Unfortunately, just a day later I was hearing her make claims about being some kind of alien from another dimension and I was hearing talk about UFOs and things along those lines.

This brings me to her second claim about her identity. This claim is that she is some kind of non-human astral being. This term "astral" is coming from her... not me here. I often hear her use the term astral being to describe herself..... or she'll say "astral life form". I admit that I actually like the term and I have adopted it myself quite often in my writing because I think that it's a term that's general enough to incorporate many different things, yet still be referring to something in a specific way as well. I'm not sure if this being that I hear as a female voice is of human origin or of non-human origin, but I do believe that she is existing on other planes of existence, of reality, in other words..... astral planes perhaps. So, I do use this term myself when talking about her. She'll also use the term "extraterrestrials" quite a lot. In fact, I would say that recently she's been using the term extraterrestrials just as much as the term astral beings.

Within this category, within this claim about her identity, she'll go off in different directions at times and there's basically various sub-claims to this, but they all fall under that heading of a sentient intelligent being from another dimension that is of non-human origin. She also very often describes herself and her companions as higher life forms or superior lifeforms, or superior beings. She has used these terms for quite a while, again for a few years, and she has used them quite a lot and I stress a lot. I still hear her refer to herself as a superior being quite often these days. In fact, I know I heard her saying this about herself today, but a few years ago it was like it was added to every other sentence that I would hear from her or some of these other voices that were around back then. It was literally like they were trying to beat me over the head with the notion that they were superior to me, that they were superior life forms.

At this present time, as of this date... my stance on the identity of this female voice is that I really don't have much of a solid stance at all. If somebody today asked me who or what I believed this voice to be, I would most likely answer by saying "I'm just not sure"... or "an astral being". As I was saying, I like that term because I believe it can refer to something specific in a sense, but also something that incorporates a number of different things. This female voice sounds very human to me. As I have often described in my writings, to me this voice sounds like that of a young woman. It's not a child's voice, but I would say the voice of a young woman in her late teens or in her 20s.... if I had to guess. She speaks perfect English. She has no accent (to my hearing)....she sounds American just like me, and within that, she has no regional accent that I can pick up on either.

One thing that is a bit different about her voice I would say, is that much of the time when I hear it, it has a higher pitch quality to it than your average human voice. However, could this be because this voice is speaking to me from another dimension? Perhaps it's some kind of effect brought on by this, but otherwise... her voice generally sounds very human to me. However, there are things about her demeanor that make this not quite a certainty. As I said, this female voice is always talking to me about how she is a higher form of life...a higher being.... and I honestly do get a strong impression from her that this is how she feels. I'm not sure what the right term is here, it's not exactly snobbery, but there's basically something about her mannerisms where she puts off a vibe of feeling superior to me because of what she is. At least this is the vibe that I pick up from her quite often. It could just be something that she wants me to believe. I will say that she speaks with much conviction when she stresses to me that she is a superior being.

The other claim about her identity that she makes falls into a more religious category. In these instances, she's basically talking about things of a religious nature and often she'll refer to herself as some kind of angel. I have also heard her mention the name Lucifer and Satan quite often in the past. Actually, just last night, minutes before I had gotten into bed and heard her make that comment about us being different species, I heard her say

"You should go back to Catholicism" or "You need to go back to Catholicism".

Catholicism is the religion of my birth. I've been on and off enthusiastic about religion throughout my life. Basically, this whole attachment situation, while I do regard it as some kind of spiritual phenomenon, has just left me and my beliefs in a state of confusion more than anything. I do intend to someday sort things out as far as all of that goes. But yes, this voice quite often talks about things of a religious nature. This female voice and the other voices that were present in the beginning were focusing more on these religious themes back in the beginning... back in 2015 especially. I believe that this was because for them, it was something they could twist, distort...and use against me. It was a kind of psychological ammunition for them so to speak.

You have to understand that in the spring of 2015, this was all still very shocking to me. When I started hearing some of the EVP voices outside of the recordings and then I started hearing them all of the time and they were tormenting the hell out of me, I was completely caught off

guard.... I was completely blindsided. I didn't know what was going on and I didn't know what to do. One of the things that I did was pray my ass off basically. So, my thoughts at that time were full of religious notions and these entities clearly grabbed a hold of this and used it against me. Out of the three main claims about her identity, I would say that at least these days, this female voice uses the religious claims the least, where in the beginning.... it was probably being used the most.

So there you have it. Just yesterday was an example of how it is with her ...with this whole situation. Once again, over the course of a single day I heard three different claims from her about who she is. On the one hand, I'm glad that things have settled down in a sense, at least from how chaotic they were in the beginning. I've let go of my anger towards this female voice, but I still don't understand why she has to keep playing this mind game with her identity. Why can't she stick to one story? As I said.... I take what I hear from her with a grain of salt as my first reaction, though I think that if she started getting her story straight and sticking to it,it might be at least a start towards moving in a positive direction. And while it's true that things have improved in various ways, the use of this identity mind game is still very much ongoing it would seem.

July 19, 2021

It was another rough day at work. The past few weeks have just been brutal for me. I thought that today might be a little different because it started out a little more mellow, but when the afternoon rolled around it was pure chaos. Maybe I'm just exaggerating a little here, but no.... it was a rough day, a bad day and recently it's just one after another after another it seems. As I was saying the other day, during a regular year, about now things would typically start to settle down a bit...start to level out. But this year is different, this year is much more hectic, it's busier...and there's just a ton of stuff coming at me. That's the thing right there, all this stuff just coming at me. It's busy, but I'm actually not getting a lot done because I can't just focus on one thing at a time right now, there's just too much stuff happening.... too much stuff coming at me from all different directions. It's really aggravating at times. I know I'm just griping a bit here, but hey...that's what journals are good for sometimes.....to get things off your chest.

I just don't know anymore if I want to stick with this same job. It's really starting to get to me. I've been here for twenty years, so there's that, I've been here a long time. The office is very close to my apartment. It only takes me a couple minutes to get here, so that's an advantage. During the off-season, especially during the winter months, things are generally not as hectic, things are easier to handle then. This time of year just beats me up. So half of the year is not so bad for me, and half of the year is just brutal. I sometimes don't like to talk about the details of

my work in my journal here. Yet, I realize that it's a big aspect of my day-to-day life, so in order to capture the whole scene of what's going on in my life these days, I have to talk about it.

My work has also played a major role throughout this attachment situation. I thought I was going to lose my job back in the spring of 2015, back when the oppression, the psychic attack first began. I believe that back then my co-workers thought that I was on a drinking bender. I just seemed out of it, unable to focus and this is true, this is certainly how it was. I would be at work and the voices would just be bombarding me relentlessly. I remember one incident back in 2015 when I was talking to a customer at work and I kept hearing this voice speaking directly into one of my ears saying"this is really happening"....." this is really happening".... over and over. I know I've mentioned this incident before in previous journals, but it's one that really stands out in my memory. And I have also mentioned previously how I had trouble even holding a conversation with a customer on the phone because I would hear these voices through this subtle layer of static. This was strange indeed. It was like this layer of static that was always there before, but my hearing had become so sharpened by doing EVP recording that winter, that I could pick up on it now and in that layer of static.... there were voices. Unfortunately for me, it was the same voices that were tormenting the hell out of me at the time. Mainly it was this female voice that I'm still hearing today.

There was an even more bizarre incident that happened at around that time involving telephones. If my memory serves me correctly, this was actually back in March of 2015. This is when I had already started hearing voices outside of the recordings, but let me just back up here and say that by this point, I had already quit recording because I knew something was terribly wrong, but that didn't end the escalating troubles.

During the month of March 2015, things kept escalating by the day. In fact, in my other journals I know that I've often referred to it as "the month of escalation". I was having increasing incidents of hearing these voices, and it was during that month when the physical sensations first began. Yet, the voices weren't coming at me on a constant basis just yet. I would have several incidents of hearing them, but there would be at least some pause for a time, maybe an hour, maybe a few hours, where I wasn't hearing them. However, as time went on, I began to hear them more and more. That was a really scary thing about all of this at that time, it seemed like no matter what I did, these voices kept getting worse... the situation kept following me and getting closer and closer. I had stopped recording and I was praying my ass off at the time for this to all just go away, but it just kept getting worse.

It was probably in the middle of March or maybe even the end of March, when one afternoon while I was at work sitting at my desk, the phone on my desk rang. I picked it up and I heard a male voice speaking. It sounded like a young man's voice, and he was asking if we were hiring. I forget what I said exactly, except that I basically was just saying that no... we weren't hiring at the present time. And then this male voice started to get a little belligerent with me. I thought this was strange, but I still didn't anticipate what was about to happen next. The voice said a few more things and I began to have the feeling that this was not really somebody calling inquiring about a job, but some kind of prank call. Yet at first, I thought it was just a regular prank call,

teenagers or something like that. Then this male voice made a comment about my mother and not just in a general sense, The voice made some comment about her being deceased and this was true, she had passed away about five months earlier. This is when it really got strange. How did this voice know this? I didn't recognize this voice at all, so it just didn't make sense to me.

Then all of a sudden, I heard her voice, the same female voice that I'm still hearing today. Needless to say this was quite a surprise... because at that point it was clear to me that this was no ordinary phone call. At that point, it was clear to me that this was a phone call, or a prank call I guess you could say, from the other side. I don't know how they did it, but they did. I know this sounds pretty far out, but these spirits, these entities that were wreaking havoc in my life...literally called me on the phone that afternoon. This was different from the other incidents that I mentioned when I was talking on the phone with customers. In those instances, it was more like I was just hearing the voices speaking through the background static in the phone connection, the faint background noise I guess you could say. But this was different, this was a direct phone call, they actually made the phone ring. And I didn't even suspect that it was them until I heard that comment about my mother...then it was confirmed for me when I heard the familiar female voice.

Even by that time, this female voice was very well known to me. Even then, I knew she was one of "the main voices"... one of my main tormentors. She also has a very distinct voice as well, I would recognize it anywhere. So yes, I know this sounds very strange, but actually there is documentation about phone calls from the other side. There are recordings of such occurrences, and I believe that there's been a few books written about the subject. Well, I need no convincing for myself that the phenomenon is real. I experienced it firsthand that afternoon. These entities at that time were also embedding EVPs on the voicemail at my work. I remember at least a few occasions when I would go into work in the morning, and I would always be the first one there because I live the closest, I would see that there were messages on the phone and I would play the messages and I would hear the same voices. I remember one time I heard a voice say that "we are coming for you". Looking back now, knowing that just a week or two later I would be hit with an even more extreme onslaught of voices attacks, I can say that they were not lying about that. But as far as what I'm talking about here goes, I'm just basically trying to convey that my work has played a significant part throughout this whole situation.

At that time (the early days) these entities were trying to derail me it seemed. They wanted me to fumble things at work, and perhaps just for their own amusement. In fact, just touching upon this further, the very first major incident that I had of hearing these negative voices outside of my EVP recordings occurred one afternoon when I was at work. I do not remember the exact date, but I would put it sometime at the end of February, 2015. I went into the men's room and the light switch in there is wired to an electric ceiling fan that puts off a lot of noise. It's a rather loud and very steady noise. So I was in there and out of the blue I heard the same heckler voice that I had just been hearing on my recordings the night before. This caught me by surprise to say the least. This was the first major incident and I remember one of the things that they told me that day. I heard a voice say

“We can see you.... we can hear youand we can touch you.”

Just then I felt what seemed like a finger jabbing me in my lower back. I look back now and I think about that incident and one thing that catches my attention is that it happened while I was at work and in the afternoon. I had been doing some EVP sessions the night before I'm sure, because at that time, I was still doing them on practically a nightly basis. These negative voices were starting to dominate the recordings, but I still held on to hope that things could turn around and it could become a more positive experience for me once again. I wondered why that incident that day at work happened as it did. One of my suspicions is that they waited for an opportune moment where they thought they could get maximum effect, they wanted to cause a dramatic incident. Perhaps they were hoping that I would freak out and lose it at work. I didn't that day, but when the shit hit the fan in the beginning of April, they did drive me out of work one morning. So yes, my job has played a significant part in this whole situation. Back in the beginning, in the early days ...it was very tough for me just to make it through the work day. I didn't think that I was going to be able to hold on much longer.

However, I was actually able to turn things around and use my work to my advantage. At some point that summer, probably in June or maybe July, being at work while the voices were tormenting me stopped being such a torturous thing and I was able to create a situation where it was actually the one time of day where I heard them the least. This is still the case to this day. Instead of losing my grip on my work performance, I threw myself into my work just to have something to direct my focus on and this helped me a great deal. During that summer, as it seemed like my world.... my sanity... my spirituality.... everything.... was falling apart all around me, I was probably at the peak of my work performance. I remember that I would go into work early.... I would stay out working after regular hours... I would work on my day off. I still do these things today to a lesser extent, but the difference is that today, I don't really want to. Back then I found it very beneficial for me to keep myself occupied with something. It didn't take me long to realize that when I was just sitting around at home, I was more vulnerable to the intrusions of these voices. Back then they were such a disturbance to me that it was very difficult for me to distract myself. These days I enjoy reading or watching a movie quite often. Back then these things were very difficult for me to distract myself with because the voices were just coming at me too strong and I was so affected by their presence and the things that they were saying at that time. So, I've always felt that for someone else going through a similar situation with intruding voices, something that one could do is throw oneself into something, something that will allow them to direct their focus away from the voices. I suppose this doesn't have to be a job, it could be some kind of hobby or creative pursuit like music...or art... things along those lines. I believe that it's beneficial to place significance upon something so that it'll take significance away from the voices.

So yes, back in the early days I fought tooth and nail to hold onto this job against an onslaught of malevolent entity voices. Maybe I deserved a raise for that, I'm not sure. But, basically today I'm just not so sure if this job is the right place for me anymore. I fought tooth and nail to not be overcome by anxiety brought on by the presence of these voices, so I think that it's probably

quite detrimental to me to remain someplace that causes me to feel anxiety, even if it's another kind of anxiety. I don't know, I just feel tired. It's not even about money or anything like that so much. I would gladly go with less pay if I could have more time off or just not have to deal with so much aggravation. Basically, I'm just not sure if staying in this place is worth it for me anymore, or if I would be better off someplace else. But, since I've been here for so many years, it's just a part of my day-to-day and year-to-year routine. But to go the next step and improve things in my life, things with the attachment situation and everything, I might have to be willing to make some changes.

Moving on to other things, last night as I was in bed waiting to fall asleep, I experienced two shout attacks from this female voice. I've discussed these shout attacks in great detail in my previous journals. But just to summarize... these shout attacks are when one of these voices, (and it's usually this female voice) will do just that... they'll shout into one of my ears... or right in my face. It's very sudden, it's very intense, and sometimes very loud. The shouts are definitely way more intense than how I typically hear the voices. It's like the intensity level goes from one to ten in an instant. Now there's some variations to the shouts. Some are more intense than others. Some have strange characteristics to them as well. Last night, I believe the two shouts were from this female voice. It sounded like her. However, as I mentioned previously, I still do occasionally hear other voices, it's just becoming less and less frequent.

This female voice is still here all of the time... she's here every day, I still consider her very much attached to my life. But, every once in a while, I'll hear a voice that sounds completely different. Sometimes, I'll hear a male voice and I can tell right away that this is a different voice because the voice that I hear the most is very much a female voice that sounds like a young woman. I've been hearing these other voices less and less as time goes on, but one of the more common times that I'll hear them is through these shout attacks. I don't know why this is, but when I do hear these other voices, such as male voices, a lot of the time it's through these shouts.

The two shouts that I experienced last night were of moderate intensity I would say. One was much stronger than the other, I remember that.

What's significant here is that I haven't been experiencing these shout attacks that much recently. Not too long ago, the shouts were something that I experienced all the time. Sometimes it even seemed like it was happening every night for weeks on end. It seemed to become their main tactic, or at least one of their main tactics for a time and I understand why.

I've mentioned how I've improved my ability to block out the voices over time, to ignore them or just direct my focus away from them, but it's hard to ignore a voice that's shouting right up in your face. I haven't figured out how to do that yet. So unfortunately, there hasn't been a whole lot that I can do about dealing with these shout attacks. In the past, I would just get out of bed and take more sleep-aid if I was getting hit particularly hard with them on a given night. But right now I haven't been taking any sleep-aid, and I want to see if I can continue with that. When I experience these shouts, they're very brief, they're usually just a single word, sometimes maybe a few words. I think there's been a few cases where I heard a complete sentence shouted out,

but this is very rare, it has only happened a very small number of times. That would be a very unfortunate development for me if this female voice learned the ability to shout out full sentences more often. I suspect that they have to muster a lot of energy to pull this off. I've observed that they can hit me with some very intense shouts, but they don't seem able to sustain them for a long period of time. Well, I'll just consider last night an isolated incident. I'm not seeing any indication as of yet that this female voice is going back to using shouting at night while I'm trying to fall asleep, to a much larger degree as she once did in the past. I'll just have to wait and see how things play out.

July 20, 2021

Today things were a little calmer for me at work, though there were some stressful moments. Yes, it was at least a little calmer though. I truly hope that some measure of calm starts to set in. I've had my fill of work related anxiety for the year already I would say. I'm not getting my hopes up too much though, but I just have to remember that we're already at least halfway through the summer and before long autumn will be here.

I was hearing this female voice chattering away quite a bit today while I was at work. I wasn't really catching much of what she was saying, but I could just tell that she was there chattering. That's pretty much how it most often is, she's there chattering away continuously....on and on... it's just a matter of whether I'm picking up the contents of it or not. And with that, there are certain factors involved. When I'm at work or when I'm busy doing something, when my focus is directed upon something, then it's easier for me to be distracted from this voice. At night, when I'm at home it's a bit different and it's not quite as easy to block it out. Though, I don't let it get to me, I don't react much to it, but it's just always there, this continuous stream of chatter.

It's been my observation that recently my perception of this female voice has been more internal in nature, almost telepathic in a sense. Now, ever since this situation began back in 2015, I have heard voices in a number of different ways. I've heard the voices as if they sounded like they were originating from the outside, or where they sounded external. I've experienced hearing voices in a more internal way, such as hearing voices in my head. I've experienced that numerous times. And then I've also experienced these voices as if they were more thoughts than anything else. It's hard to describe, but it's not so much hearing a voice as it's just perceiving communication. I know I'm doing a bad job of describing this here, but it is a bit different than hearing them in an external way or even sometimes in the more internal ways.

Sometimes it's like this voice is being slipped into my thought stream. I would say that these days, this way of perceiving this voice has been on the rise. Back in the early days, I was primarily hearing the voices in an external manner. I would have occasions where I heard them

more internal, but primarily I was hearing them as if they were originating from the outside. And just within this category here, there were different ways that I was hearing them and I've described this in more detail in some of my previous journals. One way that I would often hear them in an external manner was coming in over certain background sounds. When I was experimenting with EVP recording for those couple of months during the winter of 2015, I did experiment with recording with various background sounds. I remember that I did a number of sessions with videos of rain sounds playing or TV white noise playing. I remember that I did a few recording sessions where I had running water going in the bathroom down the hall from the room where I was doing my recording sessions. I had been reading up on EVP recording at that time and I saw mention of certain sounds being helpful with allowing the voices to be picked up with greater volume. I would say that this was certainly the case for me when I was recording with background sounds going. I found that I did get some louder replies, though it seemed like I didn't get as many replies. I believe that the background sound was drowning out some of the fainter voices. But I definitely remember getting some rather loud replies when I was using a background noise. In the material that I was studying at the time, I saw this referred to as using a carrier sound.

When I started hearing some of the voices outside of the recording sessions through clairaudience, I also began hearing them in a very similar way, they were coming through various steady background sounds. In fact, as I was discussing yesterday, the first major incident that I had where I heard voices outside of the recordings was an incident where I was hearing the voices coming in over the noise of an electric ceiling fan. During the month of March 2015, I began to have more and more incidents of hearing these voices coming in through various background sounds. I know there were many, but I'll just try to list a few here. I remember a few occasions where I was driving to or from work and I would hear voices speaking to me through the sound of my car's engine. I remember hearing them through the sound of running water, such as from the kitchen sink...or a running shower. This started with isolated incidents here and there during the month of March, but when April rolled around, this phenomenon became quite extreme. It was in the beginning of April 2015, when the voices started coming at me full force around the clock.... every day. At this point, the voices were coming through all sorts of various background sounds. Voices were coming through so strong when I took a shower that I became freaked out by this and I had to find a way around it. What I did was take note of how long it took for my bathtub to fill and I would start filling the tub and then run downstairs so that I couldn't hear the noise as loudly. When I thought enough time had passed and the tub would be filled, I ran back upstairs and quickly shut off the water. I did this so that I wouldn't have to be in the bathroom there with the sound of the running water with the voices coming at me at a much stronger level.

There were many incidents like this where the voices were coming through a source of background sound so strong that I went out of my way to try and avoid it. The ceiling fan in the bathroom at my work, the one that's wired in to the light switch (so it goes on as soon as you turn on the light), I was hearing voices coming through that fan so loudly that I went to a local hardware store and picked up a small pocket flashlight so that I could go in there and not have to turn on the light switch which would trigger the ceiling fan. I heard so much coming through

that fan, that it seemed like some kind of a portal... some kind of audio portal to another realm. I look back now and it's still hard for me to wrap my mind around how much I was hearing coming through these various everyday background sounds. This is something that I still experience to this day, but it's nowhere near as extreme as it was during the spring and early summer of 2015. The world just sounded a lot different to me then, very surreal and very nightmarish much of the time.

Then while all of that was going on, I would occasionally experience the voices as if they were internal voices...or voices in my head. It wasn't until much later on that I began to pick up on this third kind of communication from these entities and I suppose that this could be classified as a more telepathic type of communication. I knew even back in 2015 that these entities were listening in on my thoughts. The fact of this cost me quite a deal of distress for quite a while, but that's a whole other story unto itself. Yet in the beginning, I didn't perceive these voices communicating with me through thought, or if they did... it was so overshadowed by things like hearing menacing voices coming in over some background sound, that it was just overshadowed and I didn't take notice of it. To the best of my recollection, it wasn't until perhaps 2017 or 2018 that I first began to notice that there was another kind of communication that I was experiencing every now and again. It started off with a few incidents here and there and it remained quite infrequent for a while, but it began happening enough where it became clear to me that this was in its own category. I do still consider it hearing voices (or hearing a voice), but it's just different from when I'm hearing it in other manners. And what's even more different about it is that it's just like thoughts or communication that starts going through my thoughtstream. It's not like these thoughts are originating from me, it's more like I'm just receiving them.... but it's through this mannerthrough thought. I've noticed that this kind of telepathic communication is actually becoming one of the primary ways that I perceive this remaining female voice these days. I do still hear her voice in an external manner, probably every day still I would say. I also continue to hear her voice coming through various background sounds, but as I said, it's not nearly as extreme as it was in the beginning and I don't hear it through nearly as many different background sounds anymore. That electric ceiling fan at my work is still a problem for me sometimes however.

I don't know what to think about this rise in telepathic communication. In a way, it's not as extreme as hearing the voices coming through externally from a background sound. Back in 2015 when I heard the voices in this manner they definitely sounded much louder, in fact menacing is a fitting word to describe how they sounded. This telepathic communication is much more subtle. But in a sense, it can still seem just as intrusive... if not more at times. With this telepathic communication, I find that it's a bit more difficult to block out if I'm not paying attention. For example, late at night when I'm in bed trying to sleep and I'm starting to drift off into that in-between zone that I often described (that state between being awake and being asleep) my reactions to the communication are a little slowed down. I could just start receiving this telepathic dialogue and it might not hit me for a little bit that I should probably try and tune it out. Sometimes this is also the case in the morning when I'm finding it particularly difficult to get up out of bed and get going. I'm just lingering there for a while fully....partly awake, but not quite there yet. I find that I'm a little more open to receiving this telepathic chatter and not responding

to it. And responding to it is also another issue of concern here because we're talking about things on the level of thought here. When I receive a message or a communication from this female voice through this kind of telepathic thought insertion, I can respond to it simply by thinking. I could always respond to the voices just by thinking and I know that they would hear my responses. It can't happen so quickly and without me even paying much attention to it when we're talking about something on the level of just having thoughts here.

This is a very important aspect of all of this. We're talking about a level of intrusion that goes to the very point of your own thoughts.... your own mind. It can be very difficult to control your own thoughts, to not respond to something through your own thoughts. It can be very tricky learning how to control that. I have yet to master this ability, but I would say that I'm better at it now than I was in the not too distant past. To me this demonstrates how these attachment situations are just that.... they can be intrusive to the extreme and various aspects of these situations can affect a person on many different levels, both on the outside and perhaps even more so within.

Now just because I'm receiving telepathic messages (or at least I believe that I am from this being that I hear is a female voice)... just because she seems to be communicating with me through telepathic means some of the time, this doesn't mean that I'm influenced in any way by this. Here I'm referring to the notion that some might have that if she's able to insert thoughts into my mind, then she might be able to get me to act out on them without me even realizing it. No, this is not the case here. And I would say that this is not the case mainly because I recognize that these are not my thoughts, that they are not originating from me. I recognize it as communication coming from her.

Perhaps this whole situation since it began, has basically forced me to examine myself, examine who I am and what I am as a living breathing human beingespecially how my mind works,...the process of my own thinking. Yes, I would definitely say that I am more aware now of these things than I was before all of this started. Before all this began, I would say that I was pretty much oblivious to all of these kinds of things. But now I'm aware of how my own mind functions at more subtle levels than I ever was in the past before all of this began. I suppose that perhaps this is a reaction or side-effect of having gone through this situation, whether I intended it to happen or not.

The bottom line is that I do recognize what are my thoughts and what are thoughts that seem to be coming from this entity attachment. And on another level, when she communicates with me through this telepathic manner, it's not really anything that seems to me to be trying to get me to act in a certain way, it's just more like direct speech.... just like when I'm hearing her voice in an external manner, it's just that I'm perceiving it in a different way. But as I said, even though this telepathic kind of communication is not as extreme, not as menacing as hearing voices shout at you loudly through some background sound, it's still very intrusive... especially when it's done in such a continuous manner. Now if it's just a case where I have this clairaudience ability and this being wants to tell me something and speak to me through my thoughts, well that's one thing, that in and of itself I wouldn't regard as necessarily anything hostile....at least at first. But when this constant stream of telepathic chatter is just thrown at me pretty much all day.... well, that's a different story. In this case, there's either a hostile intention behind it or at

least one that's very indifferent to my well-being. As I said, at least outwardly, I've seen the level of hostility from this female voice subside a bit, but there just still seems to be this complete indifference there as far as respecting my boundaries goes. This is another reason why I still very much consider this last remaining entity attachment just that.....an attachment.

July 21, 2021

Well it's Wednesday and it was another doozy of a day at work. Once again it started off calm in the morning and then things became hectic in the afternoon. At least the mornings have been fairly mild, maybe this is at least a sign that the busy season is starting to settle down some. I can only hope.

I just wanted to follow up on what I was discussing yesterday in regards to how I've been observing, or at least I believe that I've been observing an increase in telepathic communication from this female sounding voice. I mentioned that since this situation began for me back in 2015, I've heard this voice and many others in a few different ways. Mainly this involved hearing them in an external manner, as if they were originating from the outside, from the environment around me.... to hearing them more internally ...like voices in my head. I also mentioned that there was a third type of way that I believe that I perceive these voices at times. I mentioned that this was something that I started experiencing a few years into my situation. I do not recall it happening much, if at all in the early days. This type of communication is more similar to the inner voices, but it's different. It is more as if the voice is coming to me as thoughts, or a voice slipping into my thoughtstream. It's not easy to describe, but I believe for myself that I observe at least a subtle difference between these communications that seem to be slipped into my thoughtstream and hearing an internal voice. I mentioned yesterday that this type of telepathic communication (I guess you could say) has been something that I believe that I have been experiencing more recently than at any other time throughout the whole of the attachment situation. Right now this kind of telepathic communication seems to be one of the preferred ways in which this entity that I hear as a female voice chooses to communicate with me. I just wanted to follow up and add to this and say that even though this communication to me at least does seem something more along the lines of being telepathic and being inserted into my thoughtstream, it's still not as if I'm receiving this communication in an absolutely clear way.

I hesitate to use the word clear here, but what I mean is with this telepathic kind of communication, I'm still not making out everything that this voice is trying to communicate to me. This telepathic communication.... though perhaps in some ways does allow for the message to get through to me a bit more than some of the other ways that I hear this entity's voice, it's still not a precise means of communication, I'm still not picking up on all of it. In fact, often it's still quite choppy and fragmented, or I'm just picking up bits and pieces of sentences. In truth, I'm

generally not trying to improve my means of communication with this being. I would prefer it if all of the intrusive communications started to fade away. I say this because this entity still uses this continual chattering (regardless of which particular means she's trying to convey it to me) in a very intrusive manner and in a way that seems very indifferent to my own personal boundaries. This has been the case since the beginning. Yes I do believe that I have been observing this being easing up a bit on her outward hostility, and her overall manner. Yet this female voice still seems very indifferent as to whether or not she's intruding into my sense of privacy and causing me a disturbance.

I was also discussing yesterday about whether this telepathic communication is as much of a problem for me as when I was primarily hearing the intruding voices through certain steady background sounds, in which cases they often sounded much louder and very menacing. I would say that this more telepathic kind of communication isn't quite as extreme as that, but one of the dangers of it I feel is that it's much more easy for this entity to start communicating with me through my thoughts and we end up in a kind of dialogue because it's not easy for me to always control my thoughts with this or shut them down. I can find myself in a conversation with this being just through thought, almost without realizing what's going on sometimes. It's more subtle, but also perhaps devious in a way. I just wanted to mention that this type of communication is not any clearer really. Often when I perceive the communication in this manner, I'm just picking up parts of phrases, often it's the beginning of a sentence or a statement and I'll hear the beginning quite clearly or pick up on the beginning quite clearly, but it starts to fade out towards the end. So it's often the case where it's as if I'm receiving half a message, but the part I tend to miss is the main part, the main theme of it.

I am not sure of this, but this might be (at least sometimes) a deliberate tactic on the part of this female voice. She might be trying to grab my curiosity, to get me to hone my focus in on what she might say next because I'm missing so much of it. I'm not sure.... I'm just throwing that out there is one possibility, I'm sorry to say that I wouldn't put it past her. I should also point out that I'm not trying to improve my ability at hearing this being through whatever means she communicates with me. Often, I feel that I'm not working on improving my ability to block out the voice as much as I should be, but I'm not trying to improve my ability to hear it either. If this is some kind of psychic perception... which I believe it is, well I'm not really trying to sharpen this ability because in this case, the ability itself is used against me.

I often refer to this condition of hearing these intruding voices as "hijacked clairaudience" because that's essentially what I feel it is. Whether I've always had this ability, this perception throughout my life and I just wasn't aware of it, it was dormant in a sense.... I don't know. But I do personally believe that I changed my hearing....that something happened to my hearing from doing those EVP sessions that I was doing during the winter of 2015, and especially how intensely and practically obsessively I was doing them. Did these entities do something on their end to cause me to go clairaudient? I'm not sure... maybe, but I know that on my part, I was doing quite a lot myself. During those two months that winter when I was recording, I was doing sessions practically every night and I would go back and I would listen to those recordings very intensely to try and make out as many of the voices....as many of the replies that I could. I

would strain my hearing to listen deep down into the recordings because there were a lot of fainter voices present on them. And I would do this night after night after night. I've always felt that this was a big factor, if not the biggest factor in developing this clairsaudience ability. The thing is, back then I didn't know anything about clairsaudience except a general idea of what it was. I knew that it was basically the ability to hear spiritual voices, or something along those lines. I didn't know what it involved, I didn't know if or how it could be controlled.

In the very little material that I read up on about the subject of clairsaudience back then, it was often referred to as a gift, it was more often than not spoken of as a gift, at least it seemed that way to me. Yet, for me this ability was no gift at all. It was hijacked and used against me in a very sadistic manner. I was bombarded with voices around the clock day after day and it took a bit of time before I could even begin learning how to get some kind of a handle on having this ability. I wasn't seeking to become clairsaudient, and when it happened I was completely caught off guard by it. Prior to my recording days, I had never heard of anyone developing clairsaudience or starting to hear voices from recording EVP or from any kind of spirit communication activity for that matter. I had never seen an account of it. That has changed since all of this began for me, I have seen many accounts of this phenomenon and I have corresponded with many others who are going through or who have gone through a similar situation. Perhaps a certain percentage of the population at large has this ability, but it just lies dormant unless it is somehow triggered or activated. Perhaps for some, all it takes is opening up your perceptions to things beyond this world, even to a slight degree and this dormant ability will come to the surface. I'm not sure, I'm just throwing out speculation here, but I personally believe that something like this may be the case.

July 24, 2021

It's Saturday and today was another crappy day at work. I would say that at least I'm off from work tomorrow, but I have to work in a sense, not in the office, but I have to go take care of something related to my work. One of them is what I had planned to do last Sunday, but I just couldn't muster the energy to take care of it then. I'm hoping the same thing doesn't happen tomorrow. This is how problems start stacking up for me. I was saying the other day that maybe I'm starting to see some signs that the busy season is finally starting to ease up a bit. Well, I'm not so sure about that. Maybe it is, maybe it isn't. If it is starting to ease up, it's going very slowly.

Not too much happening as far as my situation with this entity attachment goes, except that this female voice has been just as chattery as always. Just a little bit ago this afternoon, I experienced what seemed like a burst of intrusive telepathic chatter. It is still the case where this

more telepathic kind of communication seems to be on the rise. Let me just say that I'm not sure that telepathic is the right term here, but it seems the closest term that I can come up with for what this kind of communication is like, or comparable to. This is more like a voice or communication slipping into your thought stream. Even within this category, this more telepathic type of communication, it can range (just like with the other ways of perceiving this voice) between being more subtle to more intense. As I was saying, just a little bit ago today, probably about an hour ago...it was just like this burst of communication was tapping in my thoughtstream. It's hard to describe, it's still a voice.... I'm still perceiving this female voice, but it's just more through thought than audio it seems. Yet at the same time, it still involves hearing... there is an audio component to it. I guess one way of hearing this voice is within the realm of sound...sound waves, and the other is on a more telepathic or psychic realm... the realm of thoughts. It gets a little bit tricky when describing it accurately, but I'll continue to try.

On another note, the other day I came across something on the internet. It was on a discussion forum pertaining to spiritual matters. It was a post written by an individual and they described how they believe that they had just recently had a spiritual awakening and they believe that they were in direct contact with their spirit guide. This individual went on to describe how at one point they were hearing a voice and they described it as being a child's voice. This individual stated that they believed that this was a spirit in need of help, so they tried to establish further communication. Basically, they believed that this child's voice was just that...a child, because it sounded like a child and that's the conclusion that they came to.

I can understand this, and I think it says a lot about someone that they would show concern like this. I feel guilty in a sense by saying here that I think some suspicion may be called for. But after all that I have experienced, and the fact that I'm continuing to have experiences and to be dealing with this intrusive entity attachment situation, I know that when dealing with such matters, things aren't always what they seem. Back when I was recording EVP, initially pretty much all of the voices sounded quite friendly and very benevolent in nature. Then after a time I started hearing voices asking me to help them. Whenever I asked what could I do to help them, they almost always said "pray for us". I admit that I did on many occasions. Yet, things took a nightmarish turn for me. I'll probably never be able to sort out what exactly happened back then in 2015, but at the very least I feel that I have grounds to suspect that there was a set up...a trap being set for me most likely from the start. I'm not saying that every single voice that I heard on my recordings was involved in setting me up to be attacked, but I suspect that at least some of them were. I'm not basing this entirely on my own experiences either. I also have these suspicions based on what I've seen in other accounts of similar situations as well.

Since 2015 I have come across many similar accounts and I have met many others who have shared similar experiences and corresponded with them. I have seen similar patterns in many of these accounts. In many of these cases, the communication doesn't seem overtly hostile or negative initially. It often seems very benevolent in nature at first, or at the very least, it seems benign. But then things start to change, things start to turn around and negative voices appear. I admit that I was a complete novice back when I was recording for EVP. I was brand new to it.

Things started happening so quickly... things became very intense very quickly. Within a matter of a very short time, I went from hearing nothing on my recordings to hearing multiple voices on them. Being so new to all of it, I got swept up quite easily with a sense of curiosity and fascination with these experiences. I didn't have a chance to process things more slowly, nor did I proceed with caution. The faster things were developing, the more I dived in headfirst. The easier it became to hear these voices on my recordings, the more I recorded and listened.

As I said, I'll probably never know exactly what happened. But at least some element, some percentage of those voices that I was hearing on my recordings attacked me very deliberately. I'm not saying that I am completely innocent here however. I certainly was the one that initiated contact to begin with. I put myself into a dangerous situation and the truth is that I had no idea what the hell I was getting into. But getting back to this forum post I saw recently, I understand why this individual who wrote it felt strong emotions when they heard this child's voice. I understand that completely. I stated that I feel a bit guilty being suspicious of this. I can't help but wonder, what if I'm wrongwhat if I've just become cold inside and I'm now pretty much suspicious of everything. I know this individual wanted to help what they perceived to be a spirit in need. I guess I'm just saying one should be very careful with these things, because there are wolves out there, invisible wolves out there on the prowl just waiting for a chance to attach themselves to a person and cause them all sorts of trouble.

What their motives are is still a mystery to me. I've been going through this situation for quite a while now and I can't say that I have any clearer idea of why this female voice that I hear, this entity... does what she does. Sure, she'll tell me things, she'll give me explanations, but as I have mentioned so often in my journals, she doesn't stick to a straight story. So what good is any of it to me in finding any answers? And this is not just me misreading things, she'll deliberately change her story and contradict herself quite often. There is no doubt that it's very deliberate on her part. She's very big on playing mind games with me, or at least attempting to. So yes, people just need to be careful when they are communicating with beings from beyond this physical world. I know many believe that sometimes this communication is with their own spirit guide. I just don't know, maybe sometimes it is....maybe sometimes it isn't. I suspect that sometimes it most certainly isn't...yes, at least some of the time.

There are invisible wolves out there on the prowl. We need to know more about how these wolves operate, their methods... their tactics. Perhaps we can learn more about them and maybe such information can prevent some of these unfortunate situations from occurring down the road. This is part of the reason why I started keeping a journal after all of this started. Prior to 2015, I never kept a journal in my life as far as I can remember. But I want to keep a record of my experiences. I want to document my observations because as strange as they sound, I know that these experiences are real. I know that this entity that I hear as a female voice...that I first heard on my EVP recordings in 2015, I know that she is very real, I know that her voice is not some creation of my own mind. It's a tough thing to wrap your head around, believe me I know, but these kinds of situations are happening out there in the world. We can't just brush them under the rug, we have to face them and acknowledge that there's something going on here that

we don't fully understand...that we don't know much about as a whole. Perhaps that's something that we can change in the future.

July 25, 2021

It's Sunday, my day off from work. I didn't do much today. Though, I did try and take care of that one issue related to my work that I didn't get to last weekend. Unfortunately, the specifics of the issue turned out to be much more than I could deal with, so for now it's going to be an ongoing problem....just one of several related to my work right now. I'm glad that I managed to muster up the energy to get up and get going though. Recently on my day off, I've just felt very exhausted. I have fallen into a kind of pattern where I wake up in the morning, a bit later than I typically would during the week, which is nice. I read for a while and then by the early afternoon I'm starting to feel tired again. I'll often crawl into bed just wanting to rest for a few minutes, not wanting to fall into a deep sleep, but it's often the case that I do. By the time that I wake up, often most of the day is already gone and I still don't feel any more energized to get out and get going. Well, today I did manage to force myself out the door, but unfortunately it didn't amount to much.

While I was doing some reading this morning, I actually went through some of this journal and I realized that I talked quite a lot about my work here, not so much the specific details of my work, but just how it's affecting my overall mood these days. I realized that to anyone who may come along in the future and read this journal, they might find it a strange combination of themes. On the one hand, I'm talking about a mysterious (and I suppose you could say paranormal) phenomenon...the phenomenon of entity attachment ...or spirit attachment perhaps. You might observe that I tend to use the word entity attachment more than spirit attachment, but I do use both at times. I would say that this reflects my own personal uncertainty and confusion about what it is that I am experiencing. I know that my experiences are real. I know that they are originating from an external source, an external intelligence. I personally believe that this intelligence is right here with me the vast majority of the time, though I cannot visually see this source...aside from a few brief visual incidents every now and again. I do not believe that the voices that I've heard in the past, and the remaining voice that I continue to still hear on a day-to-day basis is originating from my own mind. Nor do I believe it's originating through any kind of man-made technology originating on this planet, in this physical world. I bring this up because this is a popular idea or belief these days. There are many individuals that hear voices and believe it's some kind of technology, perhaps some kind of secret government or military technology.

I've seen a lot of discussion about this on the internet. And I know what it's like to hold beliefs that the vast majority of people might not accept. So, I really don't have much of a conclusive

opinion about that theory, or at least I don't have much to say about it. If I have learned nothing else throughout this whole situation, I know that it's a very personal experience. What I experience with the voices and the sensations and the dream intrusions, these are all things that I'm experiencing within my own perceptions. I am perceiving them, but most others are not. The only exception to this in my case I would say is when others heard the same voices that I was hearing on some of my EVP recordings back in 2015. But for the most part, what I experience.... I experience within my own perception range. So I understand why it might be difficult for many to wrap their minds around some of the things that I say. Yes, I know what it's like to hold beliefs that are considered on the fringe. So, I don't really have much to say about someone else's personal beliefs about their own experiences, about something that they are experiencing for themselves. All I can say is that for myself, in my own situation.... just based on my observations and my impressions, I don't believe that there's any kind of man-made (from Earth) human technology involved here.

Based on what I have experienced, especially in the early days back in 2015, it is my own personal belief that what I am experiencing is spiritual in nature. This is my own personal belief on the subject. However, I've come to realize that spiritual matters can incorporate much more than I had ever realized before all of this began. It is my own personal belief that some of the voices that I've heard throughout this experience were the spirits of human beings that lived upon the Earth just as myself. Just the way that some of the voices interacted with me back in the beginning, the things they said to me ...their manner...just the impressions that I got from them, lead me to this conclusion....but it is a personal belief I reiterate. However, this doesn't mean that every single voice that I've heard since 2015 is necessarily of human origin. I have expanded my thinking about these things and I do believe in a multi-verse and I do believe that there are multiple dimensions beyond our own and I feel that perhaps the sky's the limit when it comes to there being many different forms of intelligent life out there. So, I do tend to use the term entity attachment a bit more, because in my opinion it's a broader term... it's a little more inclusive. Though, I will still use the term spirit attachment as well, because I do personally believe that my experiences are spiritual in nature.

However, I suppose that I hesitate sometimes because I don't want to give the impression that I am making an assumption about the identity of all of these voices that I've heard or these beings that I've had dealings with. Some I believe were of human origin, but I am very much open to the possibility that some may not be. The truth is we just don't know what's out there. I think that some of the terms that might be used in describing situations like this can actually meet up at a certain point as well. For example, I think that the term alien and spirit can meet up at a certain point. Does every spirit necessarily have to be of human origin? Does every alien have to exist in our own physical universe? If there are intelligent non-human lifeforms in other dimensions, wouldn't they still fall into the category of being aliens? Basically I just don't get hung up on the terms so much because again, I do feel that they can meet up eventually and be applied to the same things.

Getting back to what I wanted to say, when I was looking over this journal very briefly this morning, it hit me that if someone was reading this, they might think that I'm mixing together

some themes and topics here that seem very different from each other. By this I mean that on the one hand, I'm talking about my experiences with this entity attachment situation, and then on the other hand I'm talking about my work, and how it's been affecting me these days. I just want to discuss this here a little bit at least. The two things that occupy the most significance in my life these days are my work related matters and the fact that I'm dealing with this very mysterious attachment situation. These are the two primary things that are happening in my life right now, so they're going to show up in my journal no matter what most likely. But it goes further than this. These two very different things actually affect one another to quite a large degree. I have talked quite a bit in this journal about how I've just been very busy these days, that things are very hectic for me at work right now, that I'm in the busy season and that this year is particularly hectic. I've mentioned how in some ways this has helped me to take my focus away from the presence of this entity attachment. It has also allowed me to not pay as much attention or give as much significance to the intrusions of this entity. I don't mean to sound sarcastic here, but it actually is a kind of..." I don't have time for that right now" situation at present.

My job has become much busier and much more hectic for me over the course of the past year and a half I would say. I mentioned earlier that I work in an industry that experienced a boom as a result of the global pandemic situation. So, while the past year and a half have been very difficult for me at times in one way, it actually did change the other major situation going on in my life, this attachment situation. To me it seems that I'm just not struggling with it or having as hard of a time dealing with it...or just having as many negative incidents with it in general. I look back on the past few years, 2019, 2018, 2017, 2016 and of course 2015, and I know that this attachment situation was having a much greater impact on my life back then. I think that some of this is definitely the fact that I've just been so preoccupied with what's been going on at work these days. However, I can see that some of it might also be the result of the actions of this last remaining entity attachment, the female voice. She doesn't seem to be putting in as much effort to cause me problems these days it seems. At least this is my observation. The situation is not exactly perfect or harmonious or anything like that, but I would say that there's at least some measure of stability there now that wasn't there just two years ago. The main issue today is that this entity still continues to be very indifferent about my personal boundaries, about invading my personal inner space. As I've written here in my journal, for the most part I'm still picking up on a continual stream of chatter from this being on a day-to-day basis. But I'm not experiencing as many mind games, as many physical attacks at night, not as many dream intrusions. Things do seem to have settled down a significant degree. Again, the situation is not perfect, but there has been some change I can report.

I suppose that there's another reason why I talk about my work and how it's affecting me to such a degree in this journal. This is that a major aspect of this attachment situation has been the struggle to try and hold on to my day-to-day world as I've always known it. I mentioned previously that back during the spring of 2015, when the oppression from these voices was at its peak, I was holding on to my day-to-day world by a thin thread. I very much thought that I wouldn't be able to hold onto my job or even be able to function in society from then on. I couldn't keep my focus on anything, the voices were too strong and they were bombarding me

continuously. This was having a major impact on me back then and I feared that I just wouldn't be able to handle carrying on with my life as I had been doing. Fortunately, I did hold on and eventually things did start to improve. However, that struggle didn't go away, it's still there,...that struggle to keep and hold onto my day-today world in the face of this mysterious situation .The struggle isn't quite as extreme these days as it was back in 2015, but it's still there. I'm mixing up these two topics, the attachment situation and my work situation, because they affect one another and they are connected with one another in a number of different ways.

In my journals, I've also wanted to capture some of the details of this situation. Back in 2015, once the onslaught from these voices began, I was doing quite a bit of research, reading up on what I could find regarding spirit attachment situations. There's quite a bit out there regarding this phenomenon, but I didn't find a whole lot written by people who experienced it first hand. Mostly what I found was more broad overviews and such. Well, I wanted to try and capture what it entails down to the details. So in my journals, I've talked a lot about my sleep situation, taking sleep-aid, my mood as a result of work, ...things like that because it's all connected to this attachment situation. The disruption of my sleep routine has been one of the worst aspects of all of this for me. Yet, I didn't see too much written about this in-depth in the articles that I was reading back in 2015. I'm not saying anything about those articles, I'm just saying that I wanted to try and go in a different direction, go more in-depth into some of the details. On the topic of sleep, I'm glad to report that I've managed to continue going without taking any sleep-aid. I'm not even sure how long it's been since I had it last.... well over a month I would say, if not longer.

This was something that I did want to change in my situation. I did want to get away from my dependence on taking that sleep-aid, so perhaps I finally accomplished this. Things are looking good on this front and I'm optimistic. I just hesitate a little because I feel that part of the reason why it was so easy for me to get away from taking it is because I've just been very busy at work and on a day-to-day basis, I'm just a little more mentally exhausted than I probably would otherwise be. When I get into bed at night, I'm usually ready to call it a day and fall asleep because I feel mentally drained from my job. My concern is that once things do eventually settle down (and they will), I'll start having trouble sleeping again. I'm concerned that I'll be more vulnerable once more to the nightly intrusions from this entity attachment that has caused me so much trouble these past few years. I do have this concern, but I'm also optimistic that this is a part of the overall change that I've been seeing over the course of the past year and a half, where this situation is having less of a negative impact on my life. Time will tell is all I can say.

July 28, 2021

My previous comments about how I may have been starting to see signs of things slowing down at my job were a bit premature I would say. Or at least it felt like that this week. It seems like the busy season is still going strong. I knew that this year would be an entirely different beast from most years, and that's just what it has been. I don't know what it is, I can't quite put my finger on it, but there's just something different about this year. I go into work in the morning and I just cringe, expecting there to be problems about to arise at any moment, about to hit me like a tidal wave, and sometimes I'm right about this. This very morning for example, the first or second phone call that I received was from an unhappy customer that just wanted to offload all of their grievances on me. I understand things from their perspective, but sometimes that sets the mood of the day for me unfortunately. From there, more problems just keep popping up. I don't know what it is, it just seems to be going on for much longer this year. As I stated previously, typically things would start to settle down a bit, ease up, level out at around this time. Yet this year is indeed an entirely different beast. I would say that I definitely feel more exhausted this year, on a mental level. This is probably why I end up sleeping through most of the day on my day off.

There, I got my little bit of griping about my work situation out of the way. That's all I have to say about it. Nothing's really changing basically. Adding to what I just said about how I often end up sleeping through most of the day on my day off from work, at least recently, I just realized something yesterday. I realized that to me it seems like I haven't been having any dreams recently. I've never been one to really remember my dreams very well with the exception of the ones that I feel are manipulated or even created by these entity attachments. Again, it's entity attachments plural when I'm talking about a certain time span in my situation, but these days it seems to me that there's only one lingering attachment still around (the female voice), at least on a regular basis. So, I may switch back-and-forth here between singular and plural references here.

Dream intrusion has been an aspect of this attachment situation going back to the early days, back to 2015. It has not been as predominant an aspect as hearing voices or experiencing the physical sensations, but it has been an aspect throughout this entire situation. Basically it's something that will occur from time to time, and I might experience what you could call a wave of these dream intrusions, where I'll experience them for a stretch of time, perhaps maybe a few weeks, and then they'll just stop, and usually stop for a lengthy period. I've discussed these dream intrusions in some of my previous journals. I don't want to go back over everything here that I've already previously written about, but I just want to highlight that it's been my observation since 2015 that these dreams that I consider some kind of intrusion brought on by these entity attachments are different from what I would consider a regular dream.

There are several differences, but a big one at least in my situation and at least by my observations has been the timing of the dreams themselves. As I said, I've never been one to really remember my dreams very well, but I do remember that they often occurred after I had been in a deep sleep for some time. When I experienced regular dreams throughout my life, it seemed to me that often they would occur after I had been asleep for a few hours. I know this because often I would wake up from these dreams suddenly and check the time or there would

be a clock right there on a table beside my bed. Often these dreams would occur in the early morning hours not long before I would be waking up anyway. I'm sure that there were exceptions to this, but that's a key thing right there.... there was at least some variety where sometimes I might have dreams earlier in the night, but more often they would occur after I had been asleep for a few hours.

It's my observation (at least in my own personal situation) that these dreams that I highly suspect are being manipulated in some way or even outright created by these entity attachments, tend to happen much earlier in the night, much closer to the time when I cross over into the state where you could say that I'm asleep. In fact, there have been several incidents where it seemed like I was being pulled into a dream or a dream was being forced upon my mind and I wasn't even asleep yet..... and I was very much aware of this. I'm touching upon states of consciousness here and some of them are subtle states of consciousness, so it's a bit tricky for me to describe, but I have had a number of strange experiences where it did seem to me like I was being hit with a dream or pulled into a dream. While this dream is occurring, I'm thinking to myself that this is very strange, I don't even feel like I'm asleep, in fact I know I'm not asleep. For myself, I do believe that these entities, these spirits that have been around me since 2015, do have the ability to manipulate dreams, at least some of them do. This is my observation and this is my own personal belief.

I believe it was sometime last summer (and forgive me for not being more certain of the timing, but sometimes for me.... the years tend to blend together) I went a stretch of time where I started having regular dreams again. Or at least I should say that I became aware that I was having regular dreams again. I remember that I had a number of dreams that just by their nature and content seemed a bit more regular or average to me. These dreams also occurred much later in the evening, after I had been asleep for a few hours. These dreams seemed to me more like the regular dreams that I have experienced throughout my life, especially before this attachment situation began in 2015. At that time (in 2015), the vast majority of the dreams that I had been experiencing were these dream intrusions as I called them, so I could tell right away that these were different. It seemed to me like becoming reacquainted with something from my past, something that seemed familiar to me, and yet also something that I had not experienced for quite some time.

I was just reflecting upon a few things yesterday and it hit me that I don't recall having any dreams recently. I don't recall having any regular dreams or experiencing any of these dream intrusions. As far as I can tell, it just seems like there's been no dreams at all.....none. Now of course it's very possible that I'm just not remembering them, but yes, if that's the case, then I'm just not remembering them at all, not even to the slightest degree. What I find a bit surprising about this is that one of the things that I was concerned about with regards to getting away from taking a sleep-aid (which until recently I had been taking on most nights going back to 2015) did not occuror at least not yet. Basically I started taking a sleep-aid on a regular basis back then because these entity attachments were putting a lot of focus on disrupting my sleep routine and for quite a while they succeeded in doing this. Taking a sleep-aid wasn't the perfect solution, it didn't always stop the intrusions and the disruptions, and it had its own side effects

that I felt were detrimental to me, but at least it was something that did seem to help.... at least much of the time. It was something that I could turn to.

Practically every night when I get into bed it is still the case that I'll experience the physical sensations to one degree or another. They've actually been quite mild for the most part recently, but this has not always been the case. For quite a while when I would get into bed at night and try to fall asleep easily, these physical sensations would be a major disturbance to me. Sometimes they were so intense that I considered them an outright malicious attack. The sleep-aid didn't prevent this from occurring, but it did shorten the time that I was experiencing it. If I didn't take any sleep-aid, then it might have taken me a couple hours to fall asleep and that whole time I would be experiencing these disturbances. With the sleep-aid, the time was significantly shortened because it would eventually take effect and I would suddenly be out like a light ...in a deep sleep. More often than not, it did at least do that, it shortened the time that I was being disturbed by these bodily sensations.... brought on by these entity attachments. The problem is that I became far too reliant on taking it.

The sleep-aid that worked for me the most did have some side-effects. For one thing, it was often the case where I would wake up in the morning and still feel drowsy and I could tell that it was the sleep-aid that was causing this, it hadn't worn off yet. And this would often happen because I had admittedly taken quite a lot of it. There were numerous occasions where I might take a dose or two before going to bed, but then start experiencing intense intrusions and I would get out of bed and take another dose and sometimes this would happen a few times on a given night. So the more sleep-aid that I took, and the later that I took it, the more chance there was that I would wake up in the morning and still be feeling it's effects. I have often described this as being similar to experiencing a mild to moderate hangover in the morning. This often made the mornings just that much more difficult for me. I was a bit more sluggish, especially during the first few hours at work. So, I knew that I was becoming too reliant on the sleep-aid and that I would just be much better off if I could get away from using it so much. I'm glad it's there as an option if I need it.... if I'm in a more desperate situation, but I reached a point where I didn't want to take it every night, which is what I was doing for the most part, going back to 2015. The issue was however, it seemed to me that any time that I tried to stop taking it (and I might succeed in doing this for a few nights) the activity from this entity attachment would increase....escalate. Often it would be the physical sensations that would grow in strength, but sometimes it would also be that I'd start experiencing these dream intrusions again. I may not be correct about it, it's just a speculation, but it seemed to me that I was more likely to experience these dream intrusions when I had not taken any sleep-aid. I began to wonder if the sleep-aid was blocking them in some way. So it seemed to me like there was no perfect solution. If I kept taking the sleep aid, I'd experience the side-effects and if I stopped taking it, then the intrusions would escalate.

I'm glad to report that I was able to stop taking it much easier than I believed would be the case. However, I do have concerns that this may only be so because I start taking it during my busy season at work. I may just be seeing an effect of being more mentally exhausted these past few months and I would say it's accurate that when I get into bed at night, I'm simply more

tired, I feel more drained than I might otherwise feel during the rest of the year. So this is probably a factor. My concern is that when the off-season does eventually roll around and things are a bit calmer for me, that the activity will also increase once again and I may find myself in a situation where I may feel compelled to go back to taking sleep-aid on a regular basis. I suppose I'll just have to cross that bridge when I come to it. For now, I'm glad to report that at least on most nights I've been able to fall asleep fairly easily. And I would just like to note that it has indeed been my observation that this entity attachment...the female voice, seems to have backed off quite a bit from trying to disturb me with the bodily sensations, at least in a major way. They're still there practically every night, but they just don't seem as deliberate and intentional towards disrupting me and preventing me from falling asleep as they did quite often in the past.

July 29, 2021

Well after mentioning yesterday that it seemed to me that I haven't had any dreams in an unusually long amount of time, I can report that I had something of a dream last night, or rather this morning I should say. I experienced a rather short dream shortly before I awoke. This was probably around 6:30 in the morning. I very much believe that this was a regular dream and not one that was being tampered with in any way by this entity attachment. For one thing, it just seemed to me like a regular dream by its nature. Often in the dreams that I suspect are being created or manipulated, I hear the voice(s) in those dreams as well. Those dreams also tend to be rather unpleasant in their content. Many of those dreams involve me being chased or being physically attacked in one manner or another. Often I'll hear the voices mocking me or laughing at me. Often it seems like they very much want me to know that they are witnessing everything that I am witnessing in the dream.... that their intrusion is absolute essentially. In the dream that I had this morning, I did not hear any voices and while I would not exactly call it a pleasant dream, it was not anything like the dreams from these entity attachments. It was a dream about my job...my work. It was a short dream and already I do not remember all of the details of it, but I am certain that the dream centered around my job. I remember certain visual scenes from it. I would rather not be dreaming about my job, but I'm not surprised by it. I would say that this is another indication that it was just a regular dream. I say this because right now my job is pretty much overshadowing everything else going on in my life. The reason for this is because it's the busiest time of year for me as I've mentioned and also this year is even more busy and hectic than most as a result of the pandemic. This has led me to feel quite a bit of anxiety recently, and a feeling of overall mental exhaustion.

However, I've also mentioned that there have been some positive developments from this. One of these developments has been that I've just been so preoccupied and focused on how things are at work that it has overshadowed this entity attachment for the time being. It has certainly done this. For the past year and a half, the number one cause of anxiety and stress in

my life has been my job, not the fact that I'm dealing with some sort of mysterious attachment situation. It may sound strange to some, but it's the truth. I mentioned previously how I realized that this journal here might seem strange to anyone reading it because I'm talking about two entirely different things so much. On the one hand, I describe my experiences with this entity attachment situation, but then on the other hand, I spent a good deal of time talking about how things are going at my job these days. I admit that a lot of the time I'm just griping and venting. But I believe that this is alright, journals can certainly be used for this purpose. I also mentioned that while I realize that this may seem strange, it actually captures something about my situation.... something very significant. I mentioned that a major component of this situation, since it began back in 2015, has been the struggle to hold on to my day-to-day world as I've known it. By this I mean that I've struggled to not allow this attachment situation to overturn my life. I've struggled to hold on to my job... to hold on to my home, to not allow the situation to change these things. It hasn't been easy, it has definitely been a struggle. It was much tougher for me in the beginning, but it is still a struggle to this day. Again it has mainly been a struggle to not allow this situation to change my life in certain ways. I struggle to hold on to my personal world as I've always known it.

However, I've reached a point today where I realize that I essentially have to accept that this situation has changed my life in certain ways and for my partit might be beneficial to me if I change certain things through my own actions. For example, if there is something outside of this attachment situation that is causing me an enormous amount of stress and anxiety, I have to be mindful of that. I could find myself in a situation where things start regressing backwards. I believe that I've come a long way in gaining strength against these intrusions, but I have to be careful because there are certain factors outside of this attachment situation that can affect me and make me more vulnerable. For example, I do believe that trying to retain or even strengthen a positive outlook regarding life in the world would certainly be beneficial to me while dealing with this situation. But if there is a factor, such as a job that is causing me a lot of stress, even though this may have been the norm for me for many years, going back to before this attachment situation never started in 2015, I may have to except that perhaps it's not in my best interest to hold on to things as they are and as they have been. Perhaps some changes are called for here, but these have to be changes of my own making this time. This is just something that I'm thinking a lot about these days. I understand why I struggled so much to hold onto things as they were, but I just get the sense that perhaps it's time to change the goal of that struggle. This is something that I'm sure I'll be talking about further in future journals. Right now, I just wanted to say that I'm not surprised that my first dream, or at least the first regular dream that I can remember in a long time, was pertaining to my work. I just also want to point out that the fact that this dream occurred shortly before I awoke....ie: it occurred after I had been asleep for several hours. This has been something that I've observed for quite some time now as being a difference between regular dreams and the dreams that I believe are created or manipulated by the entity attachments.

As I was discussing previously, I've observed that with those dreams, they often occur much closer to the point of where I fall into a state of sleep, or even a state of being half-asleep. I mentioned yesterday that I've had a number of experiences where it felt like I was suddenly

pulled into a dream and to me it felt like I wasn't even asleep at all and I was realizing this fact while I was having the dream. It's a bit difficult to describe, but I have observed this as being a pattern that has been repeated over the course of the past few years. My regular dreams tend to happen after I've been asleep for sometime...ie:....a few hours, where the dream intrusions seem to happen practically just at that point where I begin to cross over to the shores of sleep. Yes, many of these dream intrusions have occurred when it seemed to me like I was in a state of being half-asleep. This state of being half-asleep has been quite significant in my situation. I often refer to it as the in-between zone and in this state, I've also experienced the voices becoming much stronger or the physical sensations becoming much stronger. What has often happened is that I'll go to bed at night and I'll experience some degree of hearing the voices and experiencing the bodily sensations, but all in all ,compared to other nights it might seem fairly mild and I consider it a good night. However, just as it seems like I'm starting to drift off fairly peacefully into sleep, that's when things will escalate. Things start becoming intense as soon as I cross into that in-between zone.

I have often referred to this in-between zone as being "their turf"....."their territory". It seems like in that state of consciousness, they can seem so much stronger to me. Yet, I can report that things seem fairly stable for the time being. I have not experienced one of these occasions where the activity intensifies as I start to drift off toward sleep for some time. As I was saying yesterday, I've actually been surprised at how easily I was able to get away from being so reliant on taking a sleep-aid. I haven't taken any in weeks now and I've been falling asleep just fine. Yes, this female voice is still there at night, and I can perceive her presence through the physical sensations, but there hasn't been anything that I would classify as an attack in a while. I hope that this trend continues. I'm not certain that it will once things start to settle down at work, when I'm not going to bed at night feeling so mentally exhausted. I'm aware that I'm not out of the woods yet, not by any means, but I am optimistic.

July 31, 2021

It's Saturday evening, tomorrow is my day off from work. I'm planning on not doing anything work related tomorrow. I have some things to do around my apartment that I've been neglecting for far too long because I've been so preoccupied with work during this busy season. I think I may be seeing some signs once again that things are finally starting to settle down a little at work, just a little. The first part of this week started out very hectic which has been the norm recently, but for the past few days things have been a little milder. I guess I'll just have to see how next week goes. I did feel quite exhausted this week however. I think I'm just in need of a vacation or a few days off from work. Usually I just slug through the busy season without taking any extra time off. I hardly ever take any extra time off. Yet this week I was really thinking about how nice it would be if I did and I really saw the value in it. Sometimes you just need to step

away from whatever is stressing you out and reconnect with other aspects of your life. In my situation, it might be a little trickier because the other main aspect of my life is this entity attachment situation. However, I believe that by this point I am able to enjoy some time off and not let that get to me any more than usual.

Bringing things up to date with the situation with this female voice, this week once again I found myself thinking quite a bit in her voice. I know I've mentioned it in one of my other journals. This is an unfortunate phenomenon or perhaps I should say a side-effect that I have found has developed since all of this began for me. Basically, it's where I'm being bombarded by this female voice, and it can be through whatever particular means, such as how I described hearing her voice externally, hearing her voice more internally, or hearing her voice through what to me seems like some kind of telepathic communication. As I've described, sometimes it's hard not to respond to this voice in some way, especially when I'm hearing it through this more internal or telepathic manner, because it seems to be coming at me through thought or through some intrusion into my thought-stream. It's hard not to respond to it through my own thoughts.

Thoughts and the process of thinking have been a major aspect of this whole situation going back to the early days in 2015. I've written a lot about this and there's a lot I can discuss with it. I've known since the very early days that these entities had the ability to tune into my thoughts, to hear them essentially. I had a very hard time dealing with this in the beginning, and I confess that I still do to this day, though I've managed to get at least some handle over it. For me, it's been one of the most intrusive aspects of this whole attachment situation. Basically, it feels like there's no sanctuary, there's nowhere I can go to avoid these entities, they can even intrude into my thoughts. In the early days, they did this more just by making comments about what I was thinking. It seemed to me like they wanted to stress the fact that they knew every little thought that went through my head, or that they had the ability to know every thought that I had. I found this to be extremely violating. This was very violating and intrusive in a very internal way.... in a very psychological way. This was not like the kind of haunting you might see in a movie or on a television show. Often those hauntings are more external (outright possession being an exception of course). Often in movies with a paranormal theme, where there's some kind of haunting taking place, it's external much of the time, a person is perceiving objects move, or seeing terrifying things. Well, I suppose that's intrusive also, but what I rarely see captured in film is the sense of intrusion into the mind, the violation of the mind itself. And yes, in the beginning all that these entities had to do to really mess with my head and cause me a lot of distress was to make comments about my thoughts. For example, I would be thinking something and they would just start mocking me about it or repeating it back to me... or this female voice seemed fond of saying "what the hell are you thinking?"

Back then, it wasn't even a case of them inserting thoughts into my mind so much. To the best of my recollection, I don't recall that happening all that much back then, or at least I wasn't aware of it. What they seemed to be focused on more was just really hammering into my mind the fact that they had access to my mind, the sanctuary of my own thoughts. In the beginning, these entities seemed to try and portray themselves as being extremely powerful, and I've spent a lot of effort and time over the years basically countering this by observing the things that these

entities cannot do and seeing through this illusion that they like to create about themselves. Yet, I can't deny that they have some kind of telepathic ability that is far beyond my understanding. What I've tried to do is just desensitize myself and carry-on. It does still bother me that my thoughts are under surveillance and I do still struggle with it at times, but I suppose that I have toughened myself up to it. I just accept it as being a part of the situation, and I carry-on.

What I want to talk about here though is something a bit different from this. Though I would say that it does involve thought and my own process of thinking. Sometimes when I'm hearing this female voice just chattering away at me, I find myself responding to it through my own thoughts. As I mentioned, I find it very difficult to control my own thoughts at times. More than this, sometimes I find myself responding to this female voice through my thoughts, but my thoughts are in her voice. I don't know why this came about, perhaps because I'm just perceiving her voice so much sometimes, it's such a constant stream just being thrown at me, that the sound of her voice is just embedded deep into my mind. When these incidents occur, I eventually realize that I'm doing this and I understand that it's not a good thing at all. It's like I'm helping this female voice get even more of a foothold inside of my perception range. This is just something that I have to be careful with, and I would say to anyone else who's going through a similar situation, if you find yourself doing this, try and be mindful about it. It's bad enough to be hearing intrusive voices speaking to you much of the time, it's only adding on to this if you find that you start thinking, if your own thoughts start going through your mind in the same voice(s). I don't know if this is anything that this entity is doing deliberately, perhaps.... I can't rule it out, but I feel more like it's a kind of side-effect just from hearing and perceiving her voice to the degree that I do.

One way to counter this I believe is to continue to develop the ability to direct my focus onto other things, to take my focus away from perceiving this voice. This is something that I've been working on since the early days. I admit that I'm often not as diligent about it as I probably should be, but I also feel that this ability has gradually started to develop on its own.... almost instinctively. Back in 2015, I was very concerned that I would never be able to develop the ability to ignore the voices or take my focus away from the voices, they were simply too strong back then. I tried to intentionally ignore them, I put effort into doing this, but I found it to be very difficult. Then overtime I noticed that I was getting better at doing this all of a sudden. This did not come about because I was intentionally trying to ignore them with greater determination, I believe it came about more because I stopped believing what I was hearing the voices say, or I stopped placing a lot of significance in it. Now, I don't want to say that I believed everything I was hearing these voices saying back in the early days. This would not be an accurate statement. However, I didn't dismiss what I was hearing them saying either. I was left with this unsettling bewilderment about what I was hearing from them. I didn't know if they were telling the truth about the things they were saying or not, and this not knowing..... this uncertainty... is what distressed me greatly. But over time, and after being exposed to countless deceptions and mind games at the hands of these voices, it seemed that I instinctively began to regard anything that I heard from them with suspicion. They had been intentionally deceiving me and playing mind games so much that I just assumed that anything they said was a continuation of this. This is pretty much still how I feel about it today.

I'm not saying that this female voice that I hear never tells me the truth, or that she never tells me the truth without some kind of devious agenda, it's just that she says so many other statements that are clearly dubious or contradicting, that I wouldn't recognize the truth from her when she spoke it. It's like trying to find a needle of truth in a haystack of lies. I'm not saying this as some sort of accusation against her, it's just an observation. To this day she still continues to play mind games and it's obvious to me because her statements often contradict each other. An example of this would be when she speaks to me about her identity. When she makes some of these claims, it's obvious that she still flip-flops her stories around because she can't be one thing and then be another thing that she claims at the same time, she can't be both.... she has to be one or the other. Yet she continues to switch her stories around. As I mentioned previously, not placing any value in what I hear from this voice or any other voice that I may hear that I deem overly intrusive, has been something of a defense mechanism for me and I feel that it's helped me a great deal. However, I still have some work to do in this area. Thinking my own thoughts in the voice of this entity attachment is not a good sign. It means that I need to be more mindful. Sometimes the intrusions themselves can be more subtle, or hidden, not so obvious as they are at other times. This is such a case I believe. And as I said, it might not even be anything deliberate on the part of this female voice, it's just a side-effect that can occur if I'm not paying attention to my own process of thinking. Before 2015, I will admit that I never gave much thought or never really reflected in detail upon my thoughts, or the process of thinking itself. I thought about things and that was it. I didn't stop and really analyze how I was thinking and how certain thoughts got into my head. But I will say that one thing that this whole situation has brought about in my life is that I certainly have developed more of an awareness about the process of thinking itself.....how I think. This isn't necessarily a bad thing, but it has revealed to me that I have a lot of work to do in this area.

August 1, 2021

It's Sunday afternoon, it's my day off from work. I've been taking it easy, just doing a little reading. I slept in, woke up a little later, which was nice and badly needed. It's the start of a new month. Hopefully things will begin to settle down at work now that we're moving closer to the end of summer. I just want to say again, that I realize that I am talking about my job situation a lot here in this journal and in fact I'm griping about it quite a bit I know. As I mentioned previously, in truth this is capturing an aspect of the overall picture of my life these days. But also, this year has just been a little rougher for me than most as far as my work situation goes. I knew it would be a rough year from the start. Yesterday I found myself reflecting once again on what I was touching upon the other day....how I've just been thinking about how I struggled since 2015 to hold onto my life as it was, to hold onto my everyday world as I've known it. I've been reflecting upon this quite a bit recently. I was just thinking to myself yesterday that maybe I did the wrong thing even though I thought it was for the right reason. I was wondering what

would have happened if things played out differently back in 2015. What if I had not been able to withstand the voices back in the early days and I experienced more of a collapse of my day-to-day world. What if my everyday world fell apart and I lost my job and my life was basically just overturned to much more of a degree than it was I was thinking that even though this would have been terribly difficult for me to deal with (especially at that time), perhaps in the long term it would have worked out to where my life had changed to a much greater degree and I wouldn't find myself in the position that I find myself in now, which is just feeling very mentally exhausted so often from the monotony of the same day-to-day routine that I've been living through for all of these years now. Perhaps if things collapsed for me back in 2015, if the whole house of cards came tumbling down, even though I would have had to rebuild everything from scratch, it would result in something new, something different, a profound change and in the end this would be much more to my benefit.

I'm just speculating on things that could have been here. I suppose that there may not be any answers to be found with all of this. My response in 2015 was essentially instinctive I feel. I felt like my everyday world was threatened, so I fought to hold onto it. I guess what I'm trying to say is that my everyday world in 2015 was far from ideal. But I can't make the excuse that 2015 was the only time that there could have been some catalyst for significant changes in my life (aside from the arrival of the voices). Of course I could just muster up the motivation and seek to change my life at any time in the present day. Yet I suppose that's one of my problems right there, finding motivation these days, especially during this summer of exhaustion.

Yesterday I was on the internet checking out a discussion forum that I go to sometimes. It's a discussion forum for people that hear voices. I join in on the conversations every now and again, but it hasn't been that much recently. But yesterday, I saw one of the regulars there describe something about his own situation with the voice that he hears that really struck a chord with me. He described how he tried to reach an accord with the voice, to find some kind of accommodation where they could co-exist peacefully, or at least something close to peacefully in his mind. Yet he described how in spite of this, the voice simply never stops chattering, that the chattering is constant. He said something along the lines of that it seems to him that chattering constantly seems to be the favorite thing.... the favorite activity of this voice. I could really relate to that and I wrote back and responded saying as much. He also stated that he didn't really have the expectation any longer that the voice would allow him any significant time to himself. But he mentioned that all he really was asking for at this point was at least a few hours a day when the voice would back off.

Unfortunately, no matter what he does, no matter what he ask, for no matter what his hopes are, it doesn't seem like this voice is willing to give up this constant chattering. I find myself in the same situation. This individual has been hearing voices for a few years now, I believe just about as long as I have or thereabouts, and I have seen him mention that he to has developed the ability to direct his focus away from hearing the intruding voice much of the time. Yet it's the same situation as my own, he just knows that the voice is still always there chattering. Just like with myself, even though there are times when I'm not really perceiving the voice because my focus is directed strongly onto something else, I know it's still there, and the moment that my

focus diminishes a little, I start picking up on the stream of chatter almost instantly. This is something that I still find so perplexing about the situation....the level of constant chatter. This is where sometimes I wonder if at least much of the time it's some kind of telepathic entanglement where I'm hearing the thoughts of this entity as well as hearing its voice. When it's not one... it's the other perhaps.

Yes, one thing that I could really connect with from what this individual wrote yesterday was how they described that the voice that they hear just doesn't seem willing to give any ground on this. Unfortunately, this seems to be the same for me in my dealings with this female voice that I hear. It becomes complicated and frustrating for me because on the one hand I am willing to try and find some accommodation with this voice, some sort of arrangement, that while I know it will be far from perfect, it will be something that I feel that I can handle and live with. Recently this female voice has made statements that suggest that she is willing to make an effort to move in this direction. However, I have not seen any sign...any indication that she is willing to give ground on this most important aspect of the almost constant chattering. So, I simply do not know what to think and often I find thinking about it can become quite exhausting, but just by its very nature, it's hard not to think about it. Another cycle of this situation continues I suppose.

August 2, 2021

Well it's the second day of a new month, August. So far, it doesn't feel much different. Today at work was pretty much how it was throughout the month of July. It was moderately hectic today, not over the top, but not exactly calm and pleasant either. I've decided to conclude this journal here, to make this the last entry. This probably won't be my last journal, but this is how I write my journals typically, I don't write them throughout the year, I get this burst of motivation to record what's been happening with me and it will stay with me for a few weeks, but then it starts to fade out. This is my third journal in fact from 2021. I don't know why I write journals this way, it's just how I do. As I mentioned, before all of this began for me, as far as the attachment situation and the voices, I never kept a journal in my life. I do find it enjoyable and I do think that it helps....for a few reasons. One isto me it seems like I'm talking to someone, I'm sharing my thoughts and offloading my thoughts onto others. There isn't really anyone in my immediate life that I talk to about these experiences, maybe the work issues, but not the issues regarding hearing this voice and that whole side of things. As I've mentioned, I have met others throughout the world who have had similar experiences and sometimes continue to have these experiences. I keep in touch with some of them, but it's not direct...in person contact. We correspond through email or through social media and that's fine. This has been something very beneficial to me. It's good to be in communication with someone who knows what you're going through, who knows your experiences through their own first-hand experience. But these individuals aren't always available to chat, but my journal is always there for me. Maybe it's not

the same as talking to someone, but at least for me I think it's something like that, it's close to it. I think that it's very helpful to offload your thoughts, what's going through your mind, especially in a situation like this. It can be real easy to become isolated in a situation like this and from what I've observed, often these voices want that to occur, they want the individual that they are oppressing to withdraw from the world. They want their presence to have the most impact and in many cases, to be dominating. This is something that I've observed, I've seen accounts where the voices tell people not to leave their home and when your mind is becoming so exhausted and so confused by what's occurring, it's easy to fall into that trap. I admit that it was one of my first reactions to the situation back in 2015. For quite some time, I didn't want to go anywhere, I was afraid that I would seem too out of it to other people. When I started to come out of this mindset, I realized that when I was around others, the voices often tended to be much weaker. Sometimes I wouldn't hear them at all. So it's not good to be isolated, no matter what the voices say, don't let them isolate you.... get out there and be a part of the world. I know it's not easy at times, but it will help. It's a struggle, but doing this will take power away from them.

Anyway, I've decided to conclude this journal just because I feel in a fog recently (so to speak). I don't know what it is, maybe I just need a nice vacation from work, but there's just something off with my train of thought right now and I'm not sure that I really have much more to say for now. Again, I believe that this is just temporary, I'll get out of this mental funk and most likely be back with another journal, but I just have to give myself some time and let this fog clear from my mind.

Hopefully in my next journal, I won't be complaining about my job situation so much. In this journal it was really more just a matter of the timing, I happen to be writing this particular journal during my busy season on a year that is busier and more hectic than most. So, I know that spilled over into the writing, but like I said....this captures an aspect of the overall situation. This attachment situation has spilled over into practically every aspect of my life in one way or another, how could it notit's so intrusive and so present. So talking about other things besides what this voice is saying or doing, captures the broader picture of what's going on.

As far as what's going on, well not too much really as far as the situation with this female voice goes. I'm still hearing her every day. I'm still picking up on the presence of her chattering throughout most of the day I would say, though I can go a few hours at a time without really perceiving it or picking up on it very much. However, it's still there. For the past couple of days, I've been hearing this voice talk about angels quite a bit. I'm not always getting all of the contents of her statements, but I've definitely caught some of it and I can tell that she's been talking about angels. This is nothing out of the ordinary. One of her major themes throughout this whole situation going back to 2015 has been things of a religious nature. I will hear these kinds of things from this voice for a time, but then the content will shift direction. For example, I might be hearing talk of a religious nature one day and then the next day I'm hearing things that seem more like science fiction or something like that, talk about extraterrestrials and other dimensions and things along those lines. As I've said before, I don't get hung up on the terms, at least I try not to, because I believe that they can often intersect at a certain point. But I don't really know what to make of what I hear this voice say when I do hear it. It's still my own

personal policy where I take it with a grain of salt. I don't do this out of spite or anger. As I've mentioned previously, I've learned to let go of my anger towards this voice, but just for myself after having experienced what I've experienced and having heard so many mind games from this voice and other voices, so many contradictory statements going off in different directions, well perhaps just as a kind of instinct, I take it all with a grain of salt. Do I wish that I could believe this voice at least sometimes?...probably, at least when it's not being overtly hostile towards me. Yet a search for truth in this kind of situation is like wandering around in the fog it seems. Yes, I do wish that I could feel or have the opinion that this beingthis spirit was truthful with me at times, and maybe it is, but it's just too mixed up with all of the lies, mind games and so much other stuff. For now at least, the fog of all of this has yet to clear completely.